

BBC

May 2021
DHS15

www.bbcgoodfoodme.com

goodfood

Middle East

Celebrate

EID

- + Chickpea tagine soup
- + Afghan-style chicken korma with dried sour plums
- + Spiced lamb pie

*Effortless
no-cook
meals*

4 LUXE EID
GETAWAYS

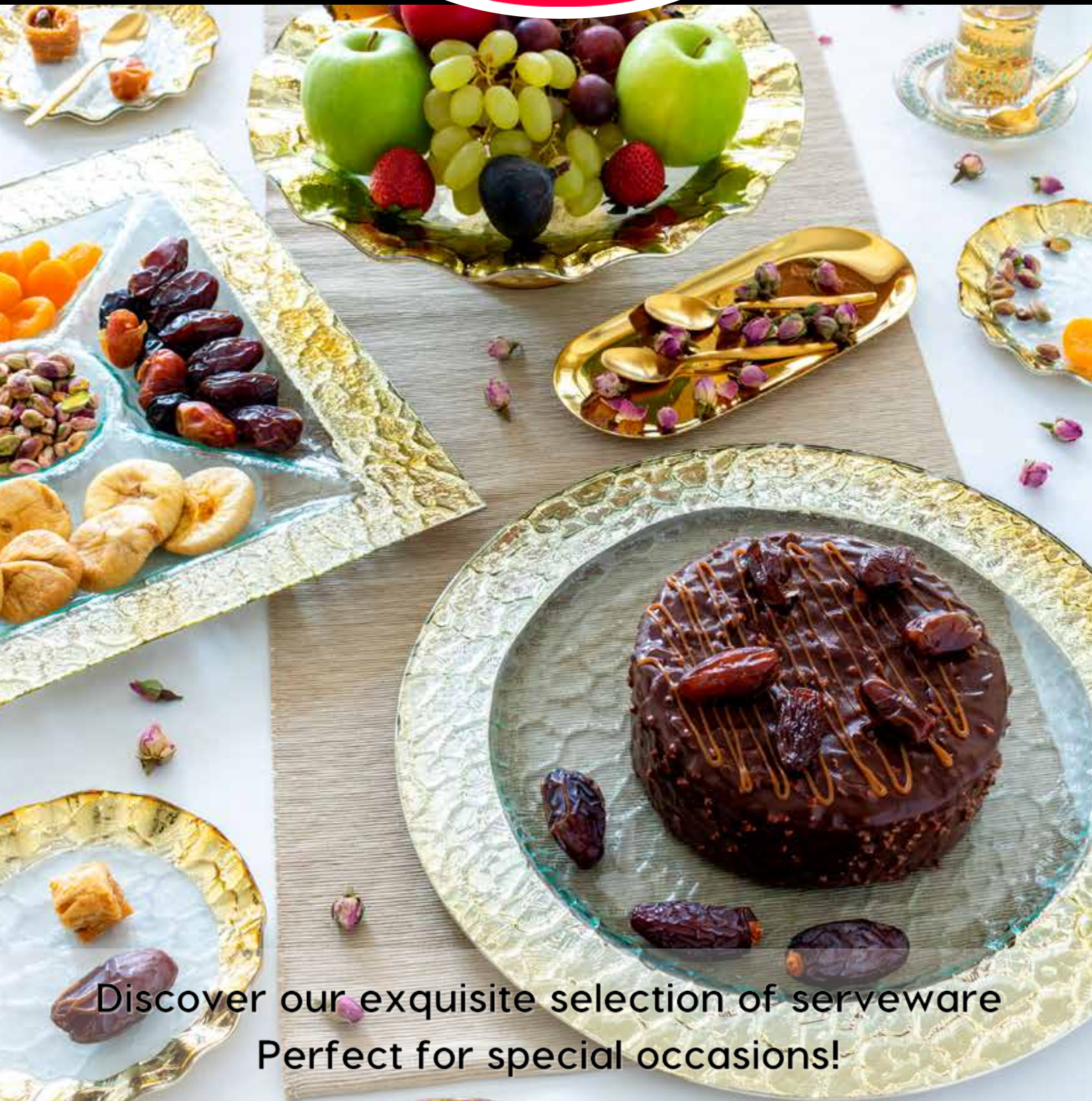
**Anyone for
pudding?**

- Apple and almond crumble pie
- Chocolate and salted caramel waffle bread & butter pudding
- Tiramisu meringue roulade

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CPIMEDIAGROUP.COM



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Discover our exquisite selection of serveware
Perfect for special occasions!

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  simplykitchenstores

Welcome to May!

I love Ramadan. Yes, it still feels extremely different this year with restrictions in place, but the Holy Month has always been a great personal reminder to give back and share meals with family and friends. I have been spending more time indoors, cooking meals for loved ones, and there's nothing I enjoy more than seeing them appreciate my efforts in the kitchen.

In this issue, you can find updated bakes (page 26) as well as healthy and vegetarian recipes for the weekdays. For a hearty Iftar spread with a focus on dried fruits, and inspiration for your Eid meal, turn to page 30 and 34.

What says comfort more than a decadent pudding? Gather the ingredients and make a weekend activity out of baking. Sweet and indulgent, take your pick from peanut butter and jam pudding, tiramisu meringue roulade and banoffee pie, to name a few scrumptious options. Turn to page 42 to get started.

The May issue also highlights regional news, dining deals, and Eid getaways, for those looking to escape to cooler climes, relax (safely) and rejuvenate over the long weekend.

Eid Mubarak to you and your family.



Nicola Monteath
Editor

WHAT WE'RE LOVING!



"I love a good soup and toastie! This curried swede soup with mango chutney and cheese toastie looks incredibly tempting for a relaxed supper." says Sales manager, Liz.



Digital editor, Serena says: "You will definitely want seconds of this salted caramel & hazelnut banoffee pie"



"Pastrami and sunny side-up eggs hash is just what you need for an indulgent weekend brunch," says graphic designer, Froilan.



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Contents

* UPDATE

4 YOUR SAY

Find out if you won the Star Letter prize.

6 NEWS NIBBLES

The latest in culinary news and more across the UAE.

8 TOP BUY

Find our selection of tableware and thoughtful gifts.

9 FLAVOURS OF THE MONTH

Take your pick from our roundup of new openings and Ramadan offerings across the country.

14 TRIED & TASTED

We've reviewed two hotspots in town.

16 COOKING PROJECT

Everything you need to know about chicken stock, and a clever kitchen hack.

* EASY

20 WASTE LESS FOOD

Clever ways to use leftovers and make every dish stretch further.

24 FROZEN ASSETS

This bake-from-frozen recipe is ideal for busy days, lunchboxes and just about any time you feel like indulging in a savoury pastry.

26 TWO WAYS LASAGNE

One of our favourite bakes gets a loaded makeover.

30 YOUR EID MEAL SORTED

These family-friendly meals pack in flavours, textures and everything you need for a hearty Iftar.



26



39

★ WEEKEND

34 FRESH IDEAS

If you love dried fruit or have plenty on hand from Ramadan cooking and hampers, try these recipes for a delicious update.

39 ESTHER'S VEG BOX

Explore ways to cook with swede.

42 ANYONE FOR PUDDING?

Is there anything more comforting than a warm, decadent pudding or pie? Try these scrumptious, updated versions of your favourite desserts.



53

★ FAMILY

53 ENTERTAINING THE KIDS

Gather your children and get them to help out with these fun treats.

59 JUST 5 INGREDIENTS

This sunny-side-up pastrami hash is the perfect weekend brunch.

★ HEALTH

62 IRON-RICH VEGETARIAN SOUPS

These plant-powered bowls are a great way to up your antioxidants and add more veg to your diet.



64

64 NO-COOK MEALS

Rushed for time? Try these fresh, wholesome spring dishes for lunch or supper.

68 BETTER BRUNCH

A simple, light alternative that combines fatty salmon and eggs.

★ GOURMET LIFESTYLE

70 EID ESCAPES

Ready to travel or planning ahead? Take a look at these luxe staycations for a relaxing getaway with loved ones.

★ COMPETITIONS

75 Gift vouchers, meals and plenty more.



Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!



STAR LETTER



As a retired person with a lot of free time, I wanted to do something where I feel I'm being active. For me, cooking every once in a while has made me feel as though I'm continuing to contribute. *BBC Good Food ME* has something for everyone. There are great healthy recipes that fit my diet as a heart patient such as sea bass tagine, chicken & lemon skewers, and prawn and harissa spaghetti. Also, I found good Ramadan recipes such as feta, date & spinach pastries, and saffron butter chicken. Please keep inspiring us.

Mohd. Adi



I started my healthy diet, just as Ramadan began, and the April issue had so many recipes that were tasty and simple to make, like the raspberry flapjacks. It makes me look forward to cooking and enjoying great food!

Thalita Savio



I have always enjoyed the recipe section of the magazine. One of the most interesting, unusual recipes I tried was the sweet potato cheesecake. Cheesecake is not healthy but since it had sweet potato, we could have it guilt-free. The best part is it's so easy to save and store these recipes. Being a vegetarian it's hard to come across good recipes, but you have made most of our family meals special.

Nithya Arun

WIN!

LAKELAND GIFT VOUCHER WORTH AED1,000

Lakeland is the home of creative kitchenware and ideas for around the home. These nifty products make everyday life easier and more enjoyable, whether you're cooking, baking, cleaning, doing the laundry, entertaining, or searching for the perfect gift. The kitchen is the heart of the home, and at Lakeland, you can find everything to help you prepare, serve and store proper homemade food. Household chores are accomplished quickly and without a hassle, with the brand's range of items on hand, each designed to perform brilliantly. Find Lakeland stores at Mall of The Emirates, Dubai Mall, and Dubai Marina Mall

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of *BBC Good Food ME*!

You can also connect with us on social media! Find us on:



@bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

CHEESE OF EUROPE

NYTIME, ANYWHERE, ANYHOW

Rendez-Vous with the cheeses of France

Le Fromage Frais*



BREAKFAST

Looking for a savoury breakfast?
Add some spreadable cheese on your
toast and top it with crushed avocado
and a squeeze of lemon juice

— SNACK —

For a snack, prepare some tuna
rillettes with fresh cheese and
spread it on French bread!

DINNER

If you're bored of classic
potatoes, why not stuffing
them with fresh cheese
and herbs?

AFTER DINNER

If you're looking for a sweet desert and
want a twist on your classic French Pain
Perdu, add delicious homemade ice cream
with fresh spreadable cheese!

ON THE GO

Looking for a quick on-the-go meal?
Add some spreadable cheese to your
bagel with salmon and cucumber.



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*Fresh cheese

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



MORE THAN A GIFT

MIRA, a social enterprise of the Fatima Bint Mohamed bin Zayed Initiative (FBMI), which supports less fortunate women in Afghanistan, has officially launched. The Initiative has hired over 8,000 Afghan women with 35 per cent being widows, making them the sole breadwinner of their families. To commemorate the launch, MIRA unveiled a special collection of organic premium dried fruits, nuts and more, so that you can support a community of devoted women who farm and produce exquisite products. These gorgeous boxes comprise mixed dried fruits, nuts and saffron, with five gift options available, including the MIRA Classic, Mix and Signature (10-piece bundle) and the premium Ramadan box. A luxury box of saffron is also available in two sizes, for those who enjoy the finer things in life.

From AED375 for the boxes and AED194 for the 10g saffron box. Visit the showroom located at D3 - Dubai Design District. Visit mirafarms.com.

THE BEST BITES

Moroccan homeware and décor brand Beldi Bazaar has collaborated with Maison Gazelle (founded by Chef Sara Boukhalel), bringing to the city one of Morocco's renowned pastries, the Gazelle horn. Bite into these crescent-shaped cookies in flavours such as rose, lemon and cardamom, and cocoa and bergamot, to name a few.

AED100 for a coffret of six gazelle horns and AED175 for 12 pieces. Available at the Collective by Ripe Beldi Bazaar shop.



Vegan delights

Costa Coffee now offers a vegan menu featuring everything from a hearty sausage roll to a breakfast muffin. For lunch, try the flavour-packed burrito filled with roasted pumpkin, red kidney beans, avocado, quinoa, roasted bell peppers and vegan cashew cream, and for a midday snack, don't miss the all-natural almond cinnamon and pistachio snack bars. If you love coconut and caffeine, the new Coconut latte plus pairs perfectly with all of these guilt-free treats.

Visit [Costa Coffee across the UAE](#).



Save leftovers

Tex-Mex food brand Old El Paso are on a mission to reduce waste this Ramadan, with the launch of their #WrapItUp campaign. Every year, 250 kilograms of food per person, is wasted in the region, and during Ramadan, food waste increases by 55%. The brand is tackling the issue with a campaign that encourages people not to waste but instead #WrapItUp. The next time you decide to toss leftovers, reach for a tortilla and wrap up your food to make a quick, delish meal. For recipe ideas, view the #WrapItUp generator online, where you can select the food you have for wrap inspiration. Old El Paso has also teamed up with the UAE Food Bank, so every time someone uses the generator and shares their recipe on social media, the brand donates a six-pack of tortilla wraps, which are then distributed to families in need. The brand has pledged 20,000 packs to date. Time to visit the website and start loading up our tortillas!

Visit oldelpasoarabia.com/wrapitup.



SUPPORT LOCAL

Soaring temperatures call for a cooling treat. Enter Pedalo Gelato, an authentic Italian gelato crafted with love in Dubai, for Dubai. Founded by the city's answer to Ben and Jerry's, Vikas Attri and Enrico Clementi, the brand promises all the classic gelato flavours including chocolate, vanilla, strawberry and pistachio, as well as unique offerings such as desert rose (vanilla and rose water), majlis (dates and gahwa) and banana cheesecake. The gelato is made from scratch with the finest authentic flavours from Italy, making it different to conventional ice cream as it contains less air. Hence, boasting a smooth, velvety texture.

Order via [Deliveroo](#), [Talabat](#), [Zomato](#) and [Careem](#).

#TRENDINGNOW



Step aside almond, macadamia, coconut and cashew milk, there's a new plant-based milk making waves in the wellness space, pea milk. The first UAE-based pea milk by Piko contains 5g of plant-based protein per serving, making it a great dairy-free alternative for those who want a protein-packed drink that's low in sugar, fat and free of growth hormones. Piko's ingredients are derived by sustainable agricultural methods and milk is made with pea protein from yellow split peas and oats.

AED14 per pack at Amazon, Kibsons, Carrefour, Choithrams, Kitopi, Noon, and various online retailers. Visit mypikoo.com for more information.

top buy

From tableware to gifts, here's our list of most wanted items to make dining and entertaining all the more fun



Bring out this gorgeous Tilly Mini Dellah set at your next Suhoor gathering. It's sure to be a conversation starter.
AED429 at [aura Living](#).

Spruce up your pantry, or a corner of your kitchen counter with these simple but gorgeous Jacinda fruit baskets.
From AED235 at [tribedubai.com](#).



There's something about a gorgeous cookbook brimming with authentic recipes that haven't been discovered as yet. Ozlem's Turkish Table, which was recently awarded the Gourmand Award, is one of our latest finds that's arrived just in time for summer cooking. Cookbook author Ozlem lives and breathes Turkish culture, and when she isn't hosting culinary tours, you can find her teaching cookery classes with Christopher Kimball's highly regarded Milk Street Cookery School. Take a peek inside for sweet treats such as a zesty semolina cake and delectable Turkish specialities.
AED127 at [gbpublishing.co.uk](#)



Carrying a reusable shopping tote is a great way to reduce plastic waste and do your bit for the environment. This must-have accessory from Waitrose UAE, created in partnership with the talented Emirati print designer Huda Al Nuaimi, is made from eco-friendly material that blends jute and cotton into a chic shopping

companion. We highly recommend storing a bag in the car, so you remember to take it along on every shopping trip.

AED49 at Waitrose stores across the UAE.



It's time for a spring update! Soft tones from this Logan Reactive Set are ideal for those looking to introduce spring colours to their dining table.
Set of four pasta bowls for AED89 and set of 4 reactive mugs for AED74 at NEXT.



Want cold, chilled, still, sparkling or 100°C boiling water in seconds? Look no further than Quooker, which delivers all of this from one tap. Get one step closer to smart living with this nifty mixer. You can choose from a stainless-steel flex tap with a pull-out hose or a black square fusion tap. The Quooker tap is available in various models and offers features ranging from only boiling water taps to the all-in-one taps for boiling, hot, cold, chilled and sparkling water. This Ramadan, Quooker is offering 1,000 litres of free sparkling water with every all-in-one Quooker tap purchase during the Holy Month.

Visit [quooker.ae](#) to find the nearest stockist.



Flavours of the *month*

What's hot and happening
around town this month

➤ Hunter & Barrel, Vida Emirates Hills

Hailing from Australia is this award-winning high-end casual dining restaurant and lounge concept, renowned for its hunt, gather and fire-inspired creations. The venue showcases two private dining spaces, expansive patio seating, an adjoining full-service bar and lounge, and an elevated DJ booth. Meat-lovers can feast on succulent smoky meats, open fire prawns and smoky chicken wings, Angus beef and cornfed chicken burgers and prime cuts including fillet, rump, sirloin and rib-eye, and a 1.3kg tomahawk or 700g Angus T-bone designed to be shared. All steaks are either grain-fed, CAB prime or wagyu, with marble scores between 2-7+. In addition to this, Hunter & Barrel's also offers sumptuous charcoal roasted skewers and vegetables, so there's something for everyone. Polish off your meal with a sweet ending of pavlova or baked pain perdu.

Contact +9714 589 0970.

➤ Cinque, FIVE Palm Jumeirah



Nothing says La Dolce Vita more than this modern Italian fine dining experience reimagined. Created by the award-winning Chef Giuseppe Pezzella, diners can expect dishes inspired by the true flavours of Italy's Amalfi Coast and best-kept secrets of local Italian kitchens. Signature dishes include roasted octopus with snowpeas,

marinated potatoes, cucumber confit and sweet onion, linguine alla Nerano and slow-cooked lamb chops with sweet potato purée, spicy tomato tart and lamb jus. Satisfy your sweet tooth cravings with the delectable mango e chocolate; white chocolate mousse, mango and mango sorbet.

Contact +9714 455 9989.

➤ Urban Kitchen, Dusit Thani Abu Dhabi



Break your fast with family, friends and loved ones at this lavish Iftar buffet. The meal begins with a traditional Arabic lentil soup or Moroccan harira, followed by cold and hot mezze including hummus, moutabal, fatoush, tabbouleh, meat sambousek, plus live stations for falafel, shawarma and manakeesh. For mains, fill

your plate with lamb ouzi, biryani and mixed grills, and don't miss the sweetest part of the buffet featuring the famous Egyptian sweet Umm Ali and the flavoursome kunafa. Diners can head outdoors to Orchid lounge to relax back after the meal.

AED185 per person (inclusive of Ramadan juices) and AED90 for children between 6-12 years old. Children aged 5 years and younger dine for free. Contact +9712 698 8137.

Hunter & Barrel, Vida Emirates Hills



➤ The Lighthouse Restaurant & Concept Store

A homegrown restaurant and concept store, The Lighthouse brings together the best of F&B and retail, under one roof. The recently unveiled outlet at Mall of the Emirates offers a breakfast, lunch and dinner menu comprising an innovative interpretation of Mediterranean-inspired soul food classics and pastries. New dishes exclusive to this outlet include the spelt and artichoke salad; grilled octopus with smoky hummus; short rib with Parmesan risotto; slow-cooked lamb couscous; short rib burger; roasted cauliflower risotto; pear Tatin; caramel thyme tart; and double chocolate cake, to name a few. Do stop by the concept store for a curated selection of hand-picked gifting items.

Contact +9714 238 0027.

➤ The Ritz-Carlton, Dubai

Order a lavish Iftar or Suhoor spread and prep your dining table for a family meal at home. The spread includes a choice of three tiers, comprising favourites such as lentil soup, stuffed vine leaves, a plethora of dips and salads, falafel, kibbeh, fatayer, seafood and meat mixed grills, barramundi with saffron rice, Emirati lamb harees and desserts such as Umm Ali, cheese kunafa, katayef nuts and cheese and fruit platter. All boxes serve up to four people and are available for takeaway from The Lobby Lounge.

Available until May 12. From AED680 for the bronze box (inclusive of dates and dried fruit, hot and cold mezze, chicken vermicelli soup, four main courses and three desserts) to AED1,350 for the gold box (inclusive of 17 hot and cold mezze dishes, two soups, mains and seven desserts).

Contact +9714 318 6150.

➤ Armani/Pavilion



Break your fast at the stunning Armani/Pavilion this Ramadan and embark on a culinary journey across the continents. The extensive Iftar buffet showcases the best of signature dining from the hotel's five award-winning restaurants, complemented by the gentle sounds of seasonal music. Savor a medley of dates and fresh juices, before moving onto European classics, exotic Indian spiced favourites, contemporary Italian delights,

delectable Japanese dishes and authentic flavours from the Levant to the Mediterranean.

AED 275 per person (inclusive of Ramadan juices). Contact +9714 888 3666.

➤ Ayamna, Atlantis The Palm

Beirut-born Chef Ali has curated a special set-menu for an Iftar and Suhoor experience this Ramadan. The wide array of Lebanese cuisine features signature dishes including slow-cooked lamb shoulder and mixed grill, fish tagine, baked ouzi, and shrimps kunafa. No meal is complete without dessert, and here the tempting assortment includes date cheesecake with baklava ice cream, katayef, Opera cake, and a moist maamoul mad bil ashta (semolina butter cake). Bespoke, pre-recorded entertainment brings both Iftar and Suhoor to life, and guests can head out to the starlit terrace after, to unwind with a cup of tea or coffee.

The Iftar experience is available for AED210 per person (inclusive of water and Ramadan juices), while Suhoor is priced at AED185 per person minimum spend on the set menu or à la carte offerings. Contact +9714 426 2626.

➤ The City Grill, The Atrium, Al Habtoor City



Diners are invited to share the ceremonial breaking of the fast with friends and family at The City Grill. If you're looking for a different kind of Iftar, perhaps something with South African flair, make a beeline for this eatery that offers a variety of traditional treats along with contemporary dishes. Quench your thirst with beverages

such as rose milk, qamar al-din, laban or jallab, before tucking into cold mezze, cheese or vegetable rolls, samosa, kibbeh, fish fry, chicken tagine, and a hearty mix grill platter of beef, chicken, fish, prawns and boerewors. End your meal with an assortment of desserts like tahini halva, kunafa, aish el saraya (Lebanese bread pudding), Halawet el-jibn (Sweet cheese roll) or a refreshing fruit plate.

AED 199 per person. Contact +9714 437 0088.

➤ The Void, Studio One Hotel



Hotfoot to this eatery for their Friday special. Relish sharing-style starters such as avocado fritters, loaded naan nachos, and chicken naan. Take your pick from mains including lamb kofta with sumac salad and garlic sauce, minted chicken tikka, blacked salmon and charred vegetable skewers. Sharing-style salads such as

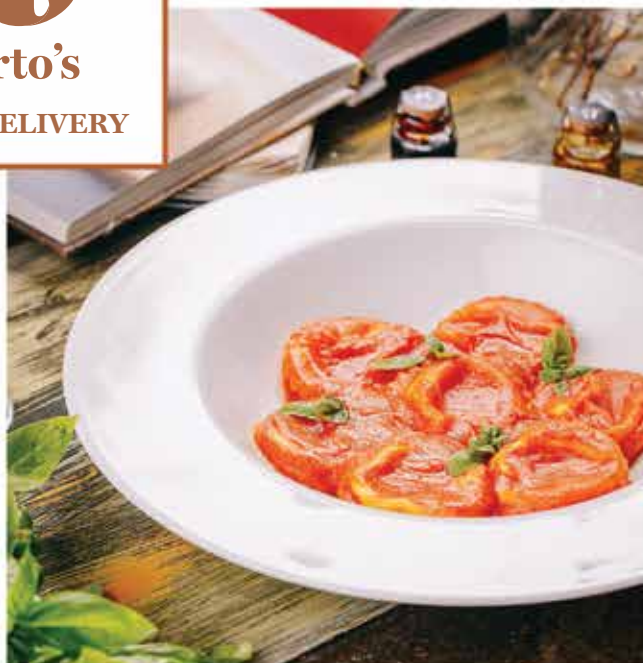
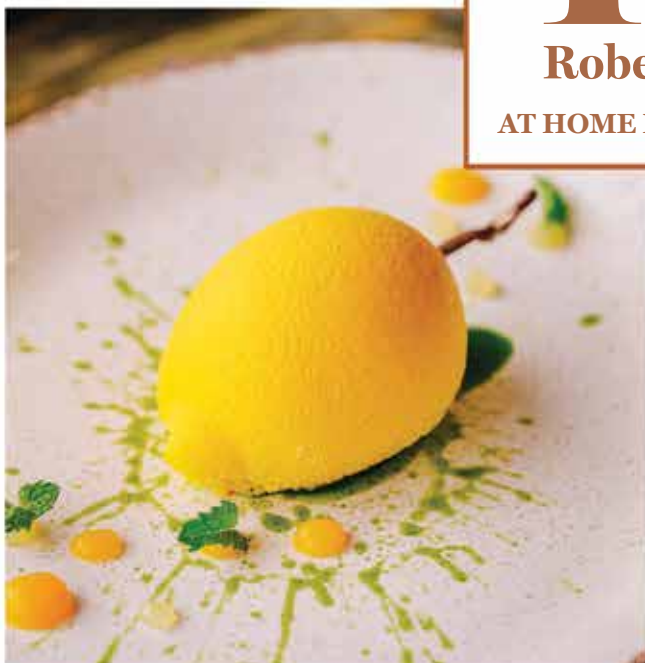
German potato salad, healthy quinoa and smokey chicken and naan salad, make for a substantial side. And for dessert, feast on a decadent vanilla fried ice cream with chocolate sauce.

From 1-4pm. AED150 inclusive of soft drinks and AED299 with house beverages. Contact +9714 581 6870.

➤ Opso

Gather your friends and head to this modern Mediterranean restaurant inspired by contemporary flavours. Break your fast with a Ramadan juice and tuck into a four-course meal featuring a bread and spread platter including Opso hummus, tzatziki, tyrokafteri spiced cream cheese and red pepper hummus served with freshly grilled pita and sourdough bread. Take your pick from mezze options such as feta saganaki, metsovone croquette, feta kataifi, and lentil soup, amongst others, and for mains, savour the grilled sea bream with Arabian spices, chicken souvlaki or moussaka.

Available until 8pm. AED220 per person. Contact +97154 424 4999.



Roberto's 'Ready to Eat' is a convenient and comfortable culinary adventure. With an extensive selection of signature dishes expertly curated by Group Executive Chef Francesco, the Roberto's 'Ready to Eat' menu features favorites such as Burrata with Sicilian datterini tomatoes and basil to start, followed by Tortelli al Tartufo, and a sweet treat to finish with Cannoli Siciliani with sweet ricotta cream, chocolate chips and roasted pistachios. Indulge at your own leisure.

To help further recreate Roberto's signature atmosphere, hungry diners will also receive a QR code to access the 'Roberto's At Home' Spotify playlist compiled by one of the resident DJs. For a seamless, stress-free ordering experience, Roberto's 'Ready to Eat' is available throughout Dubai, reaching the desired destination within one hour of order placement. The overall experience, including the delivery is managed by Roberto's, promising satisfying, chef-quality meals at all times.

Scan the QR code to order on the website



HOW TO ORDER:

Call: +971 4 386 0066

Email: AtHome@robertos.ae

Timings: 12pm - 10pm

Delivery area: Anywhere in Dubai

Delivery time: Within one hour of placing the order

Mobile App: Roberto's
(now available for download)





SWISS TOUCH

Discover Revier Hotel, where vibrancy meets tech-savvy amenities and modern comforts for the ultimate city retreat

Hailing from the Alps, Revier has opened its' doors in Dubai at the Burj District. Nestled in Business Bay, the four-star lifestyle hotel is just the place to make a beeline for, if you're in need of a laid-back staycation sited near the city's top attractions.

Retaining its Swiss heritage, Revier brings together a multitude of aspects inspired by diverse clientèle, from the design elements to tech-advanced amenities. The hotel is home to 230 rooms and suites that boast an edgy vibe with a contemporary touch. Functionally designed with everything the modern nomad requires, the space showcases Instagrammable spots, as well as meeting rooms and workstations for business travellers.

When the sun comes out to play, pull up a sun lounger and relax by the gorgeous 30-metre outdoor swimming pool on the third floor of the hotel. As you bask in the sunshine, sip on your favourite concoction to cool down and don't forget to order a wide range of snacks from the bar. Those looking to stick to their exercise regime can squeeze in a quick workout at the state-of-the-art fitness centre.

CULINARY TOUR

The Lounge

An all-day dining café-bar where you can hang out and socialise while staying connected. A homely space offering a cosy ambience, it's the ideal spot for a grab and go meal, or business meetings. Do try the signature coffee and decadent Swiss chocolate drinks and homemade cakes.



SUMMER SPECIALS

Make the most out of these exceptional deals

Pool Day Access

Grab your tote, slap on SPF, and head to Revier for a pool daycation. At just AED99 NET per person – fully redeemable on food and drinks – you can while away on a lounge with your favourite read, swim laps in the pool, and tuck into an array of pool snacks.

Valid until June 30th. Children aged 6-12 can access the pool for AED49, while those below 5 enjoy it for free. Advance booking is recommended due to limited availability.

Eid Staycation – More Than Suite Offer

Book two nights in the Revier Suite and get a complimentary bottle of grape on arrival, plus a set menu dinner for two at Alphorn Restaurant. That's not all, the suite offer includes breakfast for two, early check-in and late check-out, to enjoy your stay to the fullest.

Alphorn Restaurant

If you're looking for innovative international cuisine, and a relaxed eatery to impress loved ones, look no further. The menu features Swiss grills, cheese-loaded pizzas from the oven, and an extensive selection of dishes that make you feel like you're dining in the Alps. For the ultimate treat, make a reservation on Fridays (6-11:30pm) for the Cheese Fondue Night, where you and your partner can indulge in a fondue set including gooey melted cheese and condiments from AED149 NET for two (including soft drinks) and AED249 NET for two (inclusive of a bottle of grape).

Craving pizza or pasta? Get your fill on Wednesday evenings (6-11:30pm), where you can feast on unlimited Italian appetizers, fresh oven-made pizzas and authentic pasta dishes at just AED85 NET per person.

Allegra Bar & Shisha

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Tried & tasted

Our top dining experiences this month



MYRRA BY OPA

Make your way to Club Vista Mare, the waterfront dining destination on The Palm Jumeirah, and prepare to be whisked away on a gastronomic journey across Greece and Spain.

Posing a stark contrast from the other venues on the strip, Myrra by Opa is a vibrant concept with gorgeous pink, yellow, red and green foliage adorning the walls and ceiling. You immediately get the feeling of being on a Greek Island or in a floral-lined alley in Spain.

The outdoor terrace takes you right on the beach looking out to the shimmering blue waters and if you opt to be seated there, dip your toes into the sand for your little slice of a beach getaway, right in Dubai. After a quick peek at the impressive wood-fired oven, where the restaurant bakes fresh peinirli (boat-shaped bread), we were shown to our table, where my dining partner and I had uninterrupted views of the sea and the eatery's terrace.

The highlights:

Dinner began with a plate of crusty, chunky bread and mildly flavoured, almost-buttery Spanish olive oil to accompany. I knew we shouldn't load up on carbs, but I can safely say we wiped the plate clean.

The menu is concise and well-thought-of, comprising cold and hot appetisers, salads, peinirli, mains, sharing platters, sides and desserts. We started with a cold plate of tuna carpaccio with truffle, confit shallots, Greek yogurt, chives, grape and pine nuts. Fresh, fruity and delicate with the perfect hint of truffle, this plate had us off to a brilliant start. In no time, the Calamari Kalamaki from the

hot starters and the Myrra salad made its way to our table. The salad provided a refreshing, flavoursome bite and my partner, who usually stays away from all things green, ate almost three-fourths of the bowl. It was that good! The calamari was juicy, tender and well-seasoned.

We took a little breather and enjoyed the moment before the rest of the meal followed. The licensed venue offers a selection of sips, so do order a few creative concoctions. The home-baked peinirli, with a comforting and cheesy bite, is a must-try too. On the menu are options for spicy tomato, cured beef and goats' cheese; spinach, feta and dill; tomato and kasseri cheese; avocado, feta and chilli; and truffle and egg - which we indulged in.

For mains, my dining partner opted for the carne asada, a succulent grade 7 Wagyu on a bed of creamy smoked cheese and potato puree topped with a zesty salsa verde, grilled onions and chorizo oil. He used just one word to describe his entrée - memorable! My main course, Kleftiko, was a 48-hours braised lamb shoulder with a surprisingly delightful feta mash, Kalamata olives and tomato jus, alongside an artichoke salad. This dish

was hands-down the star of the evening, with a burst of flavour in each morsel.

Since we over-indulged, we were a bit hesitant about dessert but were convinced otherwise. The Spanish crèma catalana was an excellent suggestion, lending a velvety texture with citrusy and not-too-sweet notes. It was well-portioned and if you don't mind sharing, enough for two.

The verdict:

An energetic, gorgeous and intimate beachfront concept with a casual vibe and excellent tasting Greek-Spanish cuisine. Perfect for catchups with the girls, date nights and dinners with family and friends. Parents, take the kids along too, as the restaurant has a designated play area for little ones.

Book now:

Contact +9714 770 1433.





ARBORETUM, JUMEIRAH AL QASR

The lavish Jumeirah Al Qasr, inspired by the summer residences of the Sheikhs, is a resort that needs no introduction. You're in awe, from the moment you make your way up the driveway lined with majestic, golden horse sculptures, till the time you walk through the lobby's tall ceilings with stunning chandeliers. And you haven't even got to Arboretum yet! The restaurant's spectacular interiors with golden accents make for a striking, eye-catching statement that equals the rest of Jumeirah Al Qasr.

We visited the venue for the limited edition, Moroccan-inspired Iftar table curated by the celebrated Moroccan chef and television personality, Hanane Ouaddahou. Before we go on, yes, it is still ongoing, and you can avail of it as well. More on how to book, later.

The highlights:

We were shown to our table and immediately offered a Ramadan-special beverage to begin the evening. The menu is unique, curated exclusively for the Holy Month. It includes a nourishing soup, followed by cold and hot mezze to share, a hearty main and a dessert to end on a sweet note.

To start, we were offered a traditional Moroccan soup, Harira, accompanied by a selection of crusty, homemade bread. The soup was pleasantly fragrant, well-seasoned and made for a light dish to ease ourselves into the rest of the spread.

In no time, our table was covered with a wide selection of cold mezze. The first dip, Zaalouk – caponata style, is a savoury thick blend of eggplant, onions, garlic, olives, pine nuts and basil, while the hummus offered a tangy flavour with the addition of Moroccan-preserved lemon and fresh mint. Tip! Do save some bread to dunk into these delightful dips.

From the cold mezze selection, tuck into tomato shlada with fresh tomato, grilled green capsicum, onion, preserved lemon and Kalamata olives; and a green bakoula salad of mixed green herbs cooked with olive oil, lemon, garlic, olives and harissa. An array of hot mezze followed with indulgent stuffed cheese rolls, chicken bastela rolls and seafood rolls. The seafood rolls filled with squid, shrimps, glass noodles and olives with chermoula sauce were absolutely flavour-packed, while the chicken rolls had a hint of sweetness with cinnamon shredded chicken and crushed almonds. I must confess, I might have had more than my share of these bites.

Mains feature three scrumptious dishes that we had a hard time choosing just one. My dining partner ordered the lamb with prunes and apricots tagine and I went for the chermoula sea bass with marinara sauce and grilled lemon. If you prefer chicken, opt for the chicken with lemon and olives tagine. The lamb was fall-off-the-bone tender, juicy, incredibly aromatic and tasted marvellous. It didn't even need a knife

to slice through. The delicate fish infused with herbs showcased a generous serving of seafood and green olive stuffing on top. If you visit with a dining partner, choose two different mains and share. That way, you get to try both.

After a short breather, where we sipped on a refreshing date beverage, we indulged in dessert. Diners have a choice from Moroccan sweets, Sellou cheesecake with almonds and spices and Amalou tiramisu with argan almond praline. We decided on almond- and walnut cinnamon-ghribas - soft, chewy Moroccan cookies that have a distinct look of being cracked all over. To say they were decadent is an understatement.

The verdict:

Generous portions, a spectacular location and sumptuous Moroccan cuisine, perfect for breaking your fast with loved ones.

Book:

AED250 per person. Contact +9714 432 3232.

COOKING PROJECT

Buttery brioche

There's nothing as therapeutic as spending some time baking. Brioche is the ideal project for less busy days, because you can do it in stages and get on with other things while you wait for it to prove.

Brioche

SERVES 8 **PREP** 40 mins plus
at least 3 hrs proving and chilling
COOK 35 mins **MORE EFFORT V**

450g strong white bread flour,
plus extra for dusting
1 tsp fine sea salt
50g caster sugar
7g sachet fast-action dried yeast
100ml whole milk
4 eggs at room temperature,
beaten, plus 1 for egg wash
190g salted butter, cubed
and softened

1 Put the flour in the bowl of a stand mixer fitted with a dough hook. Add the salt to one side and the sugar to the other. Pour the yeast in over the sugar. Mix each side into the flour using your hands, then mix it all together using the dough hook.

2 Pour the milk into pan and set over a low-medium heat until warm to the touch, but not hot. Mix into the flour using the dough hook until combined. With the motor on a medium speed, gradually add the eggs and mix for 10 mins.

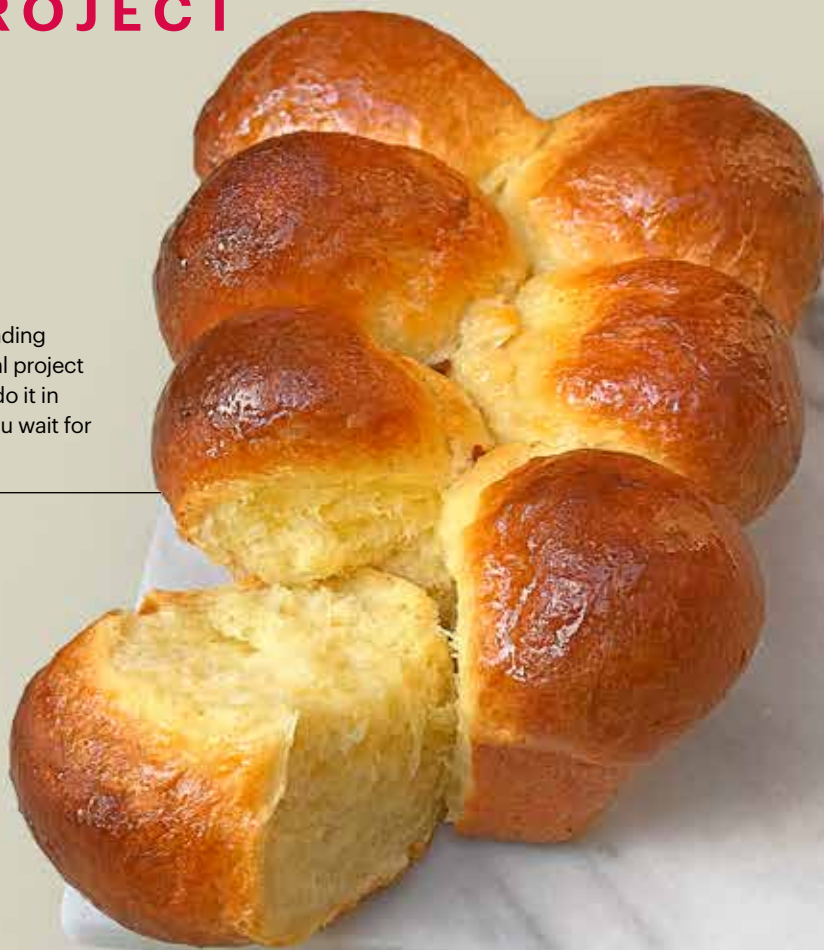
3 Add the softened butter, one or two cubes at a time, until combined. This will take 5-8 mins. Scrape down the sides of the bowl as the dough will be very soft.

4 Scrape the dough into a large bowl, cover with a tea towel and leave for 1 hr 30 mins-2 hrs until doubled in size and well-risen. Once risen, chill for 1 hr.

5 Line the bottom and sides of a 900g loaf tin with baking parchment. Portion the dough into seven equal pieces (the easiest way to do this accurately is to weigh it). Lightly dust a work surface with flour, then working with one piece of dough at a time, pull it in on itself from all sides to form a circular shape. With a bit of pressure, push down and roll into a smooth ball.

6 Put the balls into the tin, four on one side and three on the other. Cover with a tea towel and leave to prove for 30-35 mins until almost doubled in size. Heat the oven to 180C/160C fan/gas 4. Lightly brush the dough with the remaining beaten egg and bake for 30-35 mins until golden and risen. Leave to cool in the tin for 20 mins, then remove and cool completely. *Will keep for up to three days in an airtight container.*

PER SERVING 460 kcs • fat 23g • saturates 14g
• carbs 49g • sugars 7g • fibre 2g • protein 12g
• salt 1.8g



WHAT FLAVOURINGS CAN I ADD TO BRIOCHE?

- **Cardamom** A delicious spice that gives a fragrant twist to the bread. Crush 5 or 6 cardamom pods and infuse them in the milk for 5 mins, strain, then use the milk as directed in the recipe.
- **Orange zest** Adding the zest of an orange along with the flour will give this bake a citrus zing.
- **Cinnamon, walnut and raisins** Spices, nuts and dried fruit will elevate the brioche and add some texture. Add in with the flour.

HOW TO USE UP LEFTOVER BRIOCHE

- **Bread sauce** Brioche makes the most luxurious, buttery bread sauce, perfect to serve with roast chicken.
- **Bread and butter pudding** Soak leftover brioche in a smooth custard, then bake with a sprinkling of demerara sugar on top.
- **French toast** There's no better breakfast than French toast made with leftover brioche. Add some cinnamon and brown sugar to the egg mix to take it to the next level.



MYTH BUSTER

White sauce

THE MYTH

YOU NEED TO HEAT THE MILK FOR A WHITE SAUCE AND IT NEEDS TO BE ADDED GRADUALLY

BARNEY SAYS There is nothing wrong with the classic way of making a white sauce. It's just a bit of a faff and, if Good Food has one defining mission, it's to make things easier for you where we can. Read any classic cookbook and it'll have you infusing bits of onion into warm milk before it's added gradually to the roux. However, whisking in cold milk delivers results that are just as good, even if fridge-cold. If you're missing

a traditional flavour, simply season with a tiny pinch of ground cloves. There is an even easier method that involves tipping all the cold white sauce ingredients into a saucepan, and bringing them up to a steady simmer while whisking lots until a sauce forms. It won't be as silky as one that is made more gradually with a roux, but once you've added lots of cheese, or slathered it all over a lasagne, no one will know.

CLEVER KITCHEN HACKS

Saving split ganache



If you're making ganache and it splits, here's a simple fix. In a clean, small saucepan bring 1-2 tbsp water to the boil, turn the heat down and spoon 1 tbsp of the split ganache mixture into it. Mix until it comes back together. Gradually add in the rest of the split ganache, 1 tbsp at a time, giving it a stir each time until it all comes together again.

UNUSUAL FLAVOUR COMBINATIONS
YES IT WORKS!

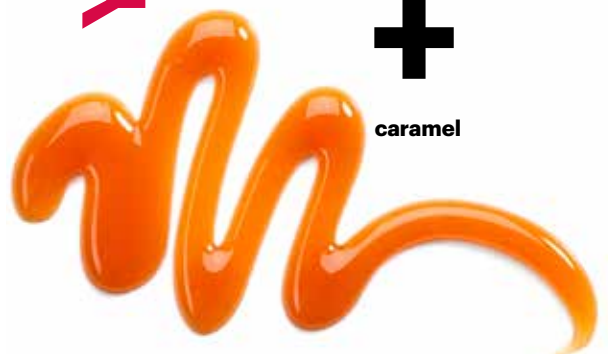
We have a passion for all things salty and sweet. Classic salted caramel usually takes centre stage but what about cranking it up a notch? Miso is a fermented soy bean paste from Japan. It has a salty umami flavour and when paired with dulce de leche or caramel creates a wonderful rich sauce. Warm some caramel sauce and add a teaspoon or two of miso when cooking, then pour on chocolate cakes, sticky toffee pudding or over ice cream.



miso



caramel



If you're making a concerted effort to eat healthier this Ramadan, stock up on these energy-fueling foods

The megadiverse country also produces over 50 varieties of chilli peppers, which provide fibre, vitamins A, C, K and B6 and potassium. These fiery vegetables add a lively kick to sauces, pickles and dishes, so don't forget to add a heat element to your Iftar spread.

Grains and tubers

Purple corn is one of the main ingredients of Peruvian gastronomy and mixology. Among the 50 varieties of corn that the country produces, its vibrant colour is what makes it special. For a substantial addition to your Iftar, opt for this bright and flavour-packed corn in smoothies, juices and desserts, as it's rich in antioxidants and boasts anti-inflammatory properties. Quinoa is another great addition to your meal

spread and makes for a great alternative to rice. Peru is the world's leading producer and exporter of this eminent grain, which has long been used as a complete food by NASA. This is mainly because the superfood provides proteins, unsaturated fatty acids, minerals, vitamins and phosphorous.

Who doesn't love ginger? This wonderful ingredient can be used fresh, dried, powdered, as an oil and in juices and smoothies, and known to contain multiple medicinal benefits. If you have been following wellness bloggers and trends, you may have come across maca. The native plant from the Andes is linked to low body mass index, low blood pressure and enhanced endurance. Add maca root powder to your morning smoothie for a healthy dose of nutrients and energy boost.

Lastly, if you love dessert for breakfast, make a wholesome chia pudding for Suhoor. Packed with calcium and iron, chia seeds are an excellent source of fibre. You can also add a teaspoon to water, smoothies, salads, and your next batch of quilt-free cookies.

Peruvian superfoods are available in stores throughout the UAE.

easy

Delicious, simple,
and easy-to-
make recipes



two ways

■ lasagne
page 26



frozen assets

■ savoury pastries
page 24



plan ahead

■ your Eid meal sorted
page 30



waste less food

use up your leftovers

Discover how to make our recipes stretch further, plus tips for seasonal cookery



FRIDGE RAID

Crème fraîche

Essentially a soured cream, this has the advantage over double cream as it keeps longer and imparts more flavour. However, many recipes only call for a tablespoon or two, so try this recipe for making the most of what's left. It's also great for using up mushy soft fruit that's past its prime.

Easy crème fraîche ice cream

Mash or blitz about **200g soft fruit or berries** (strawberries, raspberries, mango, peaches and blackberries would all work) and sweeten to taste – they'll probably take about **50-75g of sugar**. Mix with **100-150g crème fraîche** and tip into a plastic container. Freeze for about 2 hrs until the ice cream is firm around the edge, then whisk to break down the ice crystals. Return to the freezer for 1 hr, whisk again and freeze until solid. *Makes about six scoops.*



HOW TO USE

Leftover roast lamb

If you made roast lamb, you're bound to be left with some cold cuts. Here are three ways to get the best from them.

Bubble & squeak shepherd's pie

Finely chop or blitz any leftover **lamb** and mix with any leftover **gravy**, then tip into a dish. Squash together any **vegetables** left over from your roast, or make some **mash** and use to top the meat and gravy. Bake until crisp and piping hot.

Cheat's shawarma-style lamb

Mix **2 tsp garam masala** with **1 tsp turmeric** and **1 tsp smoked paprika**. Finely slice the leftover **lamb** and fry until crisp, then add the spice mix and continue to cook until well coated and heated through. Serve in wraps, or with rice or couscous.

Leftover lamb larb

Finely chop or shred any leftover **lamb** and mix with **sweet chilli sauce**, **lime juice**, **chopped spring onions** and some finely chopped **garlic**. Serve in **lettuce cups**, scattered with **crushed peanuts** and **coriander leaves**.

GOOD FOOD & SUSTAINABILITY

At BBC Good Food ME, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.



DON'T THROW IT AWAY

7 ways to use up veg ends and scraps



1 Asparagus ends

Blitzed and sieved, the woody ends make a great soup or stock base for a risotto.

2 Cabbage cores

Crunchy and pleasantly bitter, cabbage cores can be finely sliced and eaten raw or shredded to add to a remoulade or slaw.

3 Carrot tops

Blitz into an earthy pesto or dressing to drizzle over a salad or soup.

4 Broccoli stalks

Arguably the best bit – peel off the outer skin then you are left with a tender, crunchy core that can be chopped and cooked with the florets or diced and fried.

5 Cauliflower stalks

The leaves and stalks can be chopped and incorporated into whatever dish you're using the florets for.

6 Fennel fronds

Always keep the beautiful micro herb-esque fronds to scatter over your finished dish.

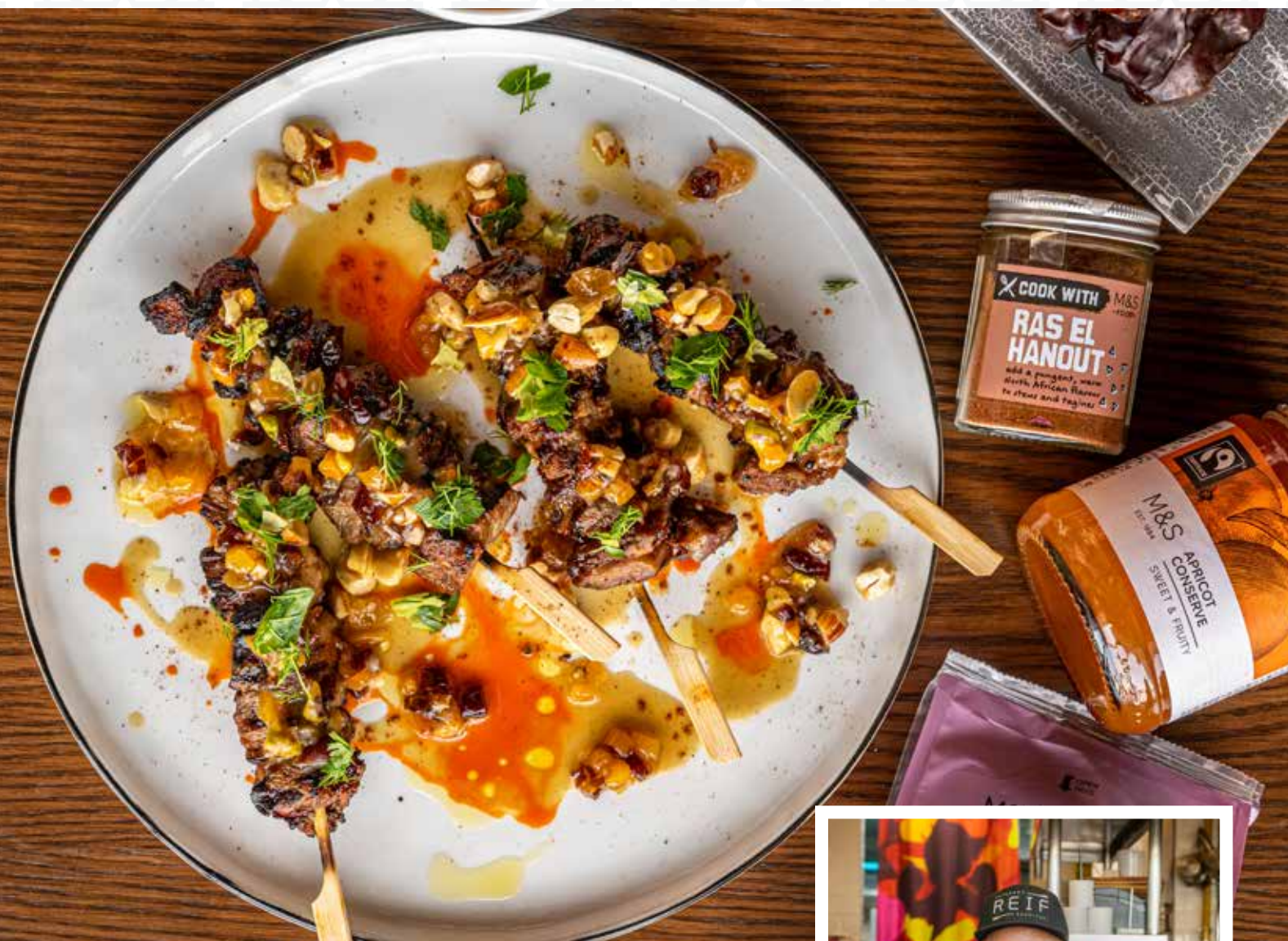
7 Beetroot leaves

The younger, more tender leaves can be eaten as salad while the larger leaves and stalks can be wilted and used like chard.

RAMADAN COOKING WITH MARKS AND SPENCER

MARKS &
SPENCER
FOOD

Leading British retailer Marks and Spencer recently expanded their food hall at Dubai Festival City, becoming a one-stop shopping destination for all your cooking needs. Here, award-winning Chef-Owner Reif Othman from Reif Kushiyaqi uses Marks and Spencer produce to create a Moroccan-inspired Japanese specialty – an innovative addition to your Iftar spread



As a Singaporean Muslim myself, and alongside our strong Arab and Asian customer base, we have a special Iftar set menu. For this particular dish, I used lamb - which is not on my à la carte menu - but a typical ingredient of the holy month. I wanted to create Japanese kushiyaqi skewers inspired by the flavours and spices of the Middle East, in particular Morocco,”

Chef Reif Othman



MOROCCAN-INSPIRED LAMB KUSHIYAKI

Serves 6

2 pcs boneless lamb
1l goat's milk
10g salt

For the marination

100g gochujang
3 tbsp ras el hanout
2 tbsp coriander ground
1 tbsp fresh thyme, chopped
1 tbsp black pepper, crushed
50g honey
2 tbsp salt

For the nut and dried fruit mix

1 tbsp dates, roughly chopped
1 tbsp golden raisins
1 tbsp dried cranberries
1 tbsp cashews, roughly chopped
1 tbsp pistachios, roughly chopped
1 tbsp almonds, roughly chopped

For the relish dressing

2 tbsp shallots, chopped
5 tbsp apricot conserve
1 tbsp white balsamic
2 tbsp sherry vinegar
1 tbsp lemon juice, freshly squeezed
50g olive oil

For the lentil sauce

100g onions, chopped
10g garlic, chopped
10g young ginger, chopped
150g carrots, chopped
50g celery, chopped
1 sprig fresh thyme
1 tsp ground coriander
1 tsp ras el hanout
1 Knorr vegetable cube
Salt and pepper, to taste
500ml filtered water

For the carrot glaze

100g carrot juice
100g orange juice

- Place the lamb in a deep tray, add goat's milk and salt. Brine for six hours. Remove and discard the liquid. Place brined lamb in the fridge.
- Mix together all the marination ingredients with the brined lamb. Refrigerate overnight. The following day, chop the lamb in cubes or square chunks (2cm x 2cm). Use 50g per skewer and set aside.
- Place the nuts and dried fruits in a mixing bowl and set aside.
- Combine the relish ingredients in a bowl.
- To make the lentil sauce, place a saucepot over medium heat. Sauté all the vegetables until soft and add the spices. Cook for another 2 mins, until the aroma rises. Add water and the stock cube. Let it boil and reduce to low heat. Use a hand blender to combine, until the sauce is smooth. Strain over a colander into a new saucepot.
- Reduce the carrot and orange juices in half. Strain and set aside.
- Grill the lamb kushiyaki skewers over a BBQ to a medium cooking temperature - 3 mins on each side. While the lamb is cooking, mix together the nuts and dried fruits with 3 tbsp of the relish dressing. Once the lamb is cooked, plate and drizzle with lentil sauce and carrot glaze. Finish off by sprinkling the nuts and dried fruits relish all over the lamb skewers.

Grocery list

Marks & Spencer has everything you need for a stress-free shopping experience



Apricot Conserve



British Salted Butter



Chefs Style Carrots



Cook With M&S Black Peppercorns



Cook With M&S Ground Coriander



Cook With M&S Thyme



Fresh British Goats Milk



Boneless Lamb Roast



Natural Fruit & Nut Mix



Soft Eating Apricots



Cook With M&S Ras El Hanout

Selected Marks & Spencer Ramadan ranges are available in Marks and Spencer stores now including Dubai Mall, Dubai Festival City Mall, Festival Plaza, Mall of the Emirates, Ibn Battuta Mall, Marina Walk and The Springs Souk, as well as the M&S Food, Instashop, Deliveroo and NowNow apps.

FROZEN ASSETS

SAVOURY PASTRIES

Barney Desmazery's bake-from-frozen recipe can be packed into a lunchbox, or served as a main course with veg **photographs** MIKE ENGLISH

Steak & mushroom bakes

Easy to make, easy to bake and so much better than shop-bought – once you've got the hang of these pasty-pie hybrids, you can change the filling to whatever you like. Here, we've given the quantities for a batch of four, but if you fancy filling your freezer, you can easily double the quantity.

MAKES 4 **PREP** 30 mins plus 2 hrs chilling **COOK** 50 mins **EASY** ✨

1 tbsp sunflower oil
200g lean rump steak, cut into small chunks
6 mushrooms, sliced
1 tbsp tomato purée
small glass of non-alcoholic red wine (optional)
200ml beef stock
1 tbsp cornflour
500g block puff pastry
plain flour, for dusting
1 egg, beaten

1 Heat the oil in a frying pan over a high heat, then add the beef and cook for 3 mins until browned all over. Tip in the mushrooms and cook for 2 mins. Stir in the tomato purée and pour in the non-alcoholic wine, if using, then simmer for 1 min. Pour over the stock, stir, and bring to a simmer. Mix the cornflour with 2 tbsp cold water, then stir it in. Bring to the boil and cook for 3 mins. Season, then turn off the heat. Leave to cool, then tip into a bowl and chill for at least 2 hrs. *Can be made a day ahead and chilled.*

2 Roll the pastry out to a rough rectangle on a work surface lightly dusted with flour, to the thickness of 2.8mm. Cut as many 12 x 15cm rectangles as you can out of the pastry (you should have eight in total) and re-roll the trimmings. Put four of the rectangles on a baking sheet and spoon a quarter of the mixture into the middle of each one, leaving a border around the edge.

Brush the borders with some of the egg and drape over another piece of pastry. Gently press the edges together to seal, then use a fork to crimp. Brush the slices all over with more egg and score a criss-cross pattern over the top with the back of a knife, if you like. *Can now be frozen, first on the tray, then store in a bag. They'll be ready to bake from frozen as required.*

3 To cook from fresh or frozen, heat the oven to 210C/190C fan/gas 7. Put on a baking sheet and bake for 30-35 mins until puffed up and deep golden and the filling is piping hot. Leave to cool for about 5 mins, then serve.

PER SERVING 663 kcals • fat 41g • saturates 18g • carbs 44g • sugars 3g • fibre 4g • protein 21g • salt 1.2g



Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia, and is a pro at adapting restaurant recipes to make at home. [@barney_desmazery](https://www.instagram.com/barney_desmazery)

CHEESE & ONION BAKES

Cook 2 chopped onions in butter for 10 mins until golden. Mix the onions with 200g grated cheddar and season. Use this mixture to fill the bakes as stated.

MAKE A LARGE PIE

Roll the pastry into two plate-sized rounds. In step 2, sandwich the filling between them, then bake as instructed in step 3.

CHICKEN & MUSHROOM BAKES

In step 1, swap the steak for a finely diced chicken breast, swap the non-alcoholic wine for white (if using), and the stock for chicken, then continue as instructed in steps 2 and 3.

two ways

lasagne

Two members of the Good Food team share their favourite version of a classic, and tell us what makes it so special

recipes ESTHER CLARK *and* CASSIE BEST *photographs* CLARE WINFIELD



esther

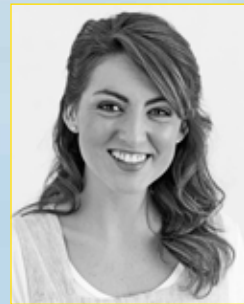
My ultimate lasagne uses beef shin rather than mince, which makes a much richer sauce. This recipe is a favourite in our house, and it's so easy that everyone in my family can make it. My must-haves in a lasagne are plenty of herbs in the ragu, a generous grating of nutmeg in the white sauce, and a combination of parmesan and melting mozzarella on top. I think lasagne should be paired with a punchy, peppery well-dressed salad, to help cut through the richness of the dish.

Esther Clark





To freeze either lasagne, double wrap then freeze for up to three months. Defrost in the fridge overnight before baking



cassie

A classic meaty lasagne will always have a place in my heart (it's the stuff I was raised on), but these days, I'd take a veggie version. I love the different flavours and textures you can build using vegetables and pulses. Mushrooms and lentils make for an umami-rich version, while roasted peppers, tomatoes and aubergine make a flavourful filling in the summer months when this veg is at its best. But my favourite veggie lasagne contains layers of spinach and squash. I like to slow-roast the squash before assembling the lasagne to bring out its natural sweetness, with savoury sage and a little crunch from golden pine nuts. This is my perfect lasagne.

Cassie Best

Slow-cooked chunky beef lasagne

SERVES 6-8 **PREP** 45 mins
COOK 3 hrs **EASY** * □

2 tbsp olive oil
400g beef shin, diced
1 onion, finely chopped
1 large carrot, finely chopped
1 celery stick, finely chopped
160g smoked pancetta, diced
150ml non-alcoholic red wine
400g can chopped tomatoes
3 tbsp tomato purée
300ml beef stock
1 bay leaf
2 rosemary sprigs
2 tsp sugar
500g dried lasagne sheets
30g parmesan, grated
150g mozzarella, grated
green salad, to serve (optional)
For the white sauce
100g butter
100g plain flour
1 litre whole milk
50g parmesan, grated
grating of nutmeg

1 Heat half the oil in a large pan or dish with a lid over a medium-high heat, and fry the meat for 5 mins until browned. Remove from the pan and set aside.

2 Add the remaining oil to the pan and tip in the veg and pancetta. Cook for 10 mins until the onion has softened. Turn up the heat and cook for 3 mins or until the pancetta begins to brown. Add the beef back to the pan. Pour in the non-alcoholic wine and bring to the boil, cooking until the liquid has reduced by half. Tip in the tomatoes, purée, stock, herbs and sugar. Lower the heat and season to taste. Place a lid on the pan and cook over a low heat on a gentle simmer for 2-2½ hrs until the meat is tender. Once cooked, shred the meat into smaller chunks with two forks and stir everything together. Check again for seasoning.

3 Heat the oven to 200C/180C fan/gas 6. For the white sauce, heat the butter in a saucepan until foaming. Stir through the flour and cook for 2 mins. Gradually whisk in the milk

until smooth. Return to the heat and simmer for 5 mins until thickened, whisking continuously. Stir through the cheese and nutmeg, then season.

4 Tip a thin layer of meat sauce into a 25 x 30cm sized dish, followed by a layer of lasagne sheets, then a layer of the meat sauce, followed by a drizzle of the white sauce. Repeat until all the pasta and meat sauce have been used, then finish with a layer of pasta sheets topped with a thick layer of white sauce. Sprinkle over the parmesan and mozzarella.

5 Bake for 1 hr until golden and bubbling. Check halfway through cooking – if it is already browned, cover with foil. Serve with a punchy, dressed green salad, if you like.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING (8) 718 kcals • fat 33g • saturates 17g •
carbs 65g • sugars 13g • fibre 4g • protein 35g •
salt 1.5g

gf tip

If you want to include more veg, add chopped peppers, mushrooms or courgettes to the ragu halfway through cooking.

Caramelised squash & spinach lasagne

SERVES 6 **PREP** 25 mins plus cooling
COOK 1 hr 40 mins **EASY** V *

1 medium butternut squash, peeled, seeds removed and cut into 2cm cubes (1.2kg prepared weight)
3 garlic cloves, unpeeled
handful of sage leaves
1 tbsp olive oil, plus a little extra
600g fresh spinach
12-15 lasagne sheets
125g ball mozzarella, torn or cut into small pieces
40g pine nuts
For the white sauce
70g butter
70g flour
800ml milk
250g mascarpone
50g parmesan (or vegetarian alternative), grated
grating of nutmeg

1 Heat the oven to 200C/180C fan/gas 6. Tip the squash and garlic into a large roasting tin or dish (you can use the same one to assemble the lasagne to save on washing-up –

ours was 35 x 40cm and 5cm deep). Tear over 4-5 sage leaves, drizzle with the oil and season well, then toss to coat. Roast for 40-50 mins, moving the squash around once or twice, until soft and caramelised. Squeeze the garlic from the skins and mash with the squash, leaving a few chunky bits for texture.

2 Meanwhile, make the white sauce. Melt the butter in a large saucepan, and stir in the flour to make a sandy paste. Splash a little milk into the pan, stirring continuously to prevent lumps. Keep adding more milk, a little at a time, until the paste thins to a smooth, creamy sauce and the milk has all been used. Simmer for 1 min more. Stir in the mascarpone and half the parmesan. Season well and grate in a generous amount of nutmeg.

3 Tip the spinach into a colander and pour over a kettleful of boiling water to wilt (do this in batches). Once cool enough to handle, squeeze the spinach over the colander to remove the water, then season and roughly chop.

4 Remove half of the crushed garlicky squash from the roasting

tin and set aside on a plate. Spread the remaining squash out over the base of the tin or dish you intend to serve the lasagne in. Ladle over about a quarter of the sauce, then top with a single layer of lasagne sheets, snapping them to fill any gaps. Make an even layer of spinach on top of the pasta, and top with another quarter of the sauce, more pasta, squash, sauce, pasta and finally the remaining white sauce.

5 Scatter over the remaining parmesan, the mozzarella and pine nuts. If the oven is off, heat to 200C/180C fan/gas 6 and cook the lasagne for 30 mins. Rub a little extra oil over 5 or 6 sage leaves, place them on top of the lasagne and return to the oven for another 15-20 mins until golden and bubbling. Leave to cool for about 5 mins before serving.

GOOD TO KNOW calcium • folate • fibre • vit c •
2 of 5-a-day
PER SERVING 840 kcals • fat 48g • saturates 27g •
carbs 70g • sugars 18g • fibre 7g • protein 27g • salt 1g

www.europeanrice.eu



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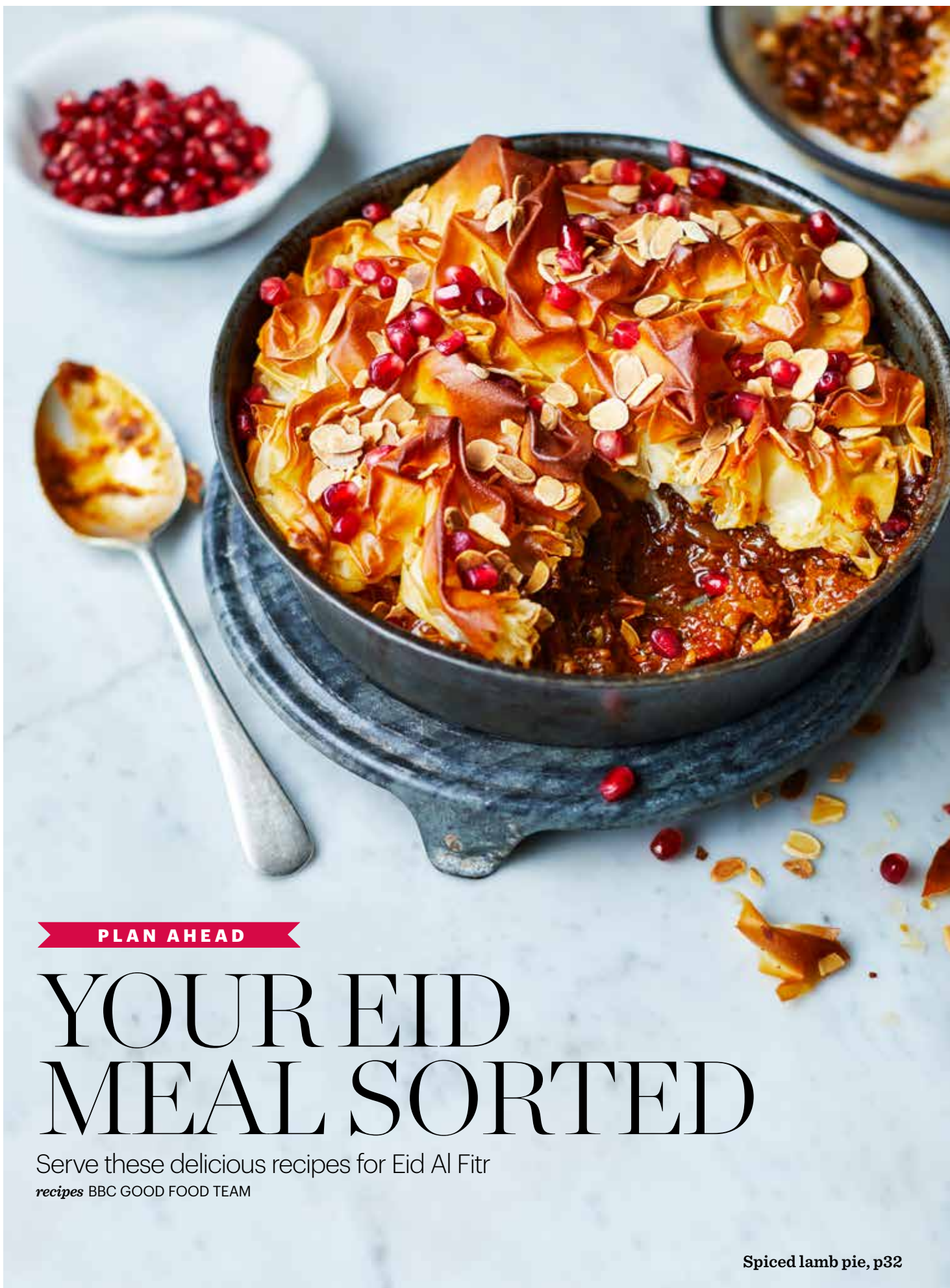
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PLAN AHEAD

YOUR EID MEAL SORTED

Serve these delicious recipes for Eid Al Fitr

recipes BBC GOOD FOOD TEAM

Spiced lamb pie, p32



Roast aubergines with
yogurt & harissa, p32

Spiced lamb pie

SERVES 4-6 **PREP** 30 mins
COOK 4 hrs 20 mins **EASY** ✨

3 tbsp vegetable oil
800g lamb shoulder, fat removed, diced
3 tbsp plain flour
1 large onion, chopped
2 garlic cloves, crushed
1 tbsp ras el hanout
2 tsp ground coriander
2 tsp ground cumin
good pinch of ground cloves
good pinch of saffron (optional)
1 cinnamon stick
400g can chopped tomatoes
1 lemon, zested and juiced
1 tbsp honey
4 tbsp pomegranate molasses
270g pack filo pastry (4-6 sheets)
50g butter, melted
50g flaked almonds
50g pomegranate seeds

1 Heat half the oil in a large flameproof casserole dish. Toss the lamb in the flour with some seasoning, then brown, in batches. Take your time to build up a deep colour, which will add lots of flavour to the stew. Set the meat aside on a plate as you go.

2 Add the remaining oil to the dish along with the onion and garlic. Cook for 5 mins until softened, then stir in the spices, tomatoes, lemon zest and juice, honey and molasses. Half-fill the tomato can with water, swirl it around and add this too. Season, bring to a simmer and cover with a lid. Reduce the heat and cook for 2 hrs 30 mins-3 hrs or until the meat is tender. Leave to cool.

3 Heat the oven to 180C/160C fan/gas 4. Transfer the meat to a pie dish that's about 25cm wide, or leave it in the casserole if it's wide enough. Unwrap the filo and brush a sheet with butter, scrunch up and

place on top of the pie. Continue with the remaining sheets until the tagine is covered. Drizzle any remaining butter over the top, scatter over the almonds, then bake for 45 mins. Sprinkle with the pomegranate seeds to serve.

GOOD TO KNOW 1 of 5-a-day
PER SERVING (6) 595 kcs • fat 30g • saturates 10g •
carbs 45g • sugars 11g • fibre 4g • protein 34g •
salt 0.8g

Roast aubergines with yogurt & harissa

This makes a great vegetarian main or a side dish for the lamb pie.

SERVES 4 as a side or starter
PREP 5 mins **COOK** 40 mins
EASY V

4 aubergines
2 tbsp olive oil
75g butter
1 tbsp shop-bought harissa
6 tbsp Greek yogurt
1 small garlic clove, crushed
1 tbsp chopped coriander
1 tsp sesame seeds

1 Heat the oven to 200C/190C fan/gas 6. Pierce the aubergines a few times with the tip of a knife, then brush with the olive oil and put on a baking sheet. Roast for about

40-45 mins, or until the aubergines are completely tender.

2 Melt the butter in a pan, then stir through the harissa. Cut the aubergines in half, opening them up a bit like a baked potato. Put them on a warm platter and season the inside of each one, then mix the yogurt with the garlic. Spoon some of this into each aubergine, then drizzle over the spiced butter. Scatter over the coriander and sesame seeds to serve.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free
PER SERVING 361 kcs • fat 30g • saturates 16g •
carbs 11g • sugars 10g • fibre 10g • protein 7g •
salt 0.5g



tip
Want to get ahead? Cook the spiced lamb and freeze for up to two months, then simply defrost and top with the filo pastry before baking.

WEEKEND

Mouthwatering dishes to dig into with your family and friends



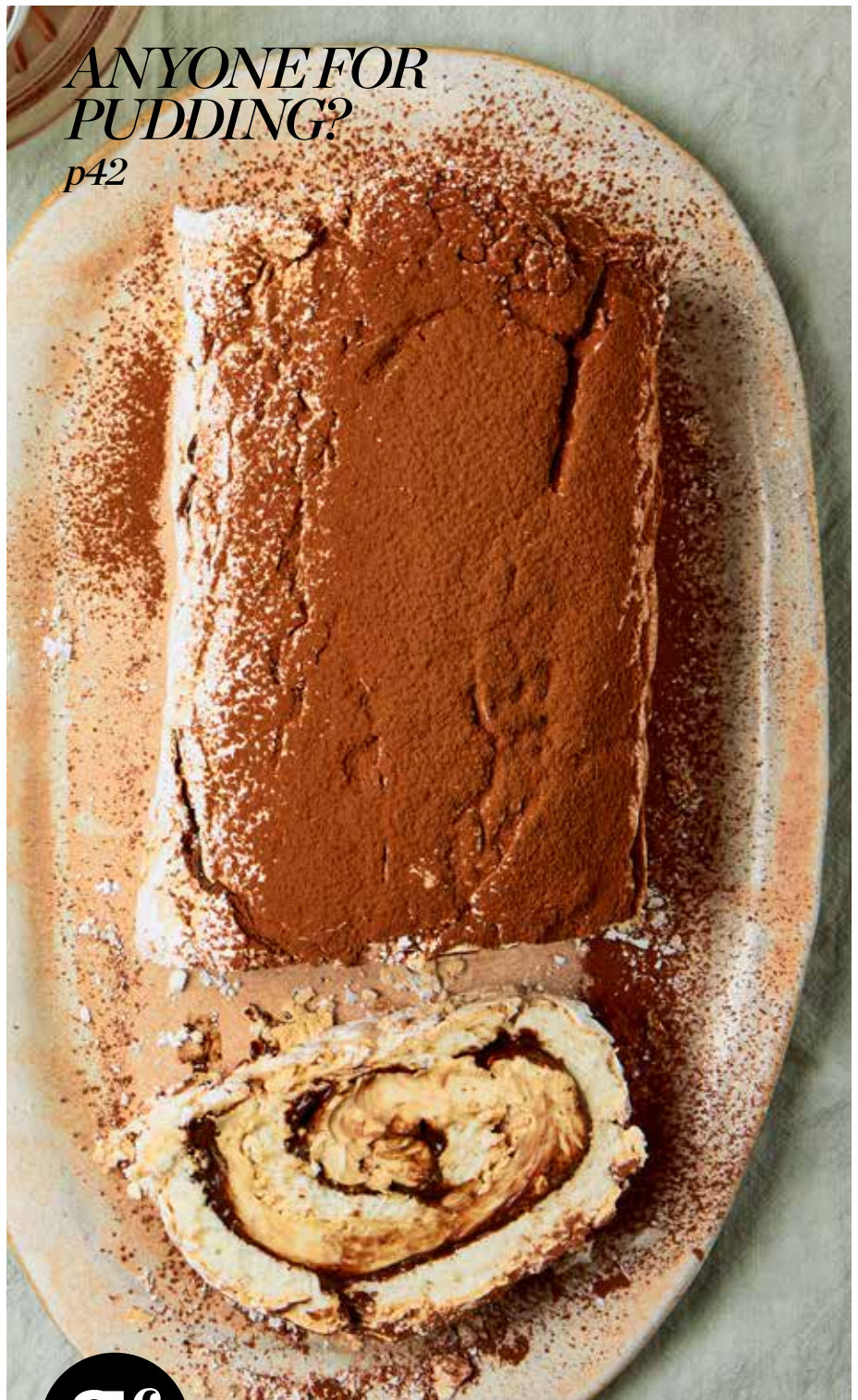
DIANA HENRY

Fresh ideas for dried fruit, p34



*ESTHER'S VEG BOX
CHALLENGE*

Cooking with swede, p39



*ANYONE FOR
PUDDING?*

p42





DIANA HENRY

FRESH IDEAS FOR DRIED FRUIT

Transform sweet and savoury dishes with **Diana Henry's** inventive recipes using those often hidden storecupboard gems

photographs JONATHAN GREGSON

Whenever I put together lists of useful storecupboard ingredients, many of them are relatively 'new' to cooks. Japanese miso, Italian nduja – I wasn't buying these 10 years ago. Not everyone will think they're necessary, but if you're making simple food, the flavours these ingredients deliver are transformative. There are others, though, that nobody gets excited about because we're so used to them. Take dried fruit: raisins, currants, sultanas, tubs of prunes and boxes of dates. We associate these with Christmas, old-fashioned bakes (my mum used to make wonderful dried fruit pastry squares) and, not to put too fine a point on it, keeping our bowels in order. But, I couldn't cook without dried fruit. It's ancient – the first mention of dried fruit was on Mesopotamian tablets dating from 1500 BC –

but it's also a fundamental part of many cuisines, including Iranian, Moroccan, Spanish (at least certain regions), Turkish, Sicilian and Russian, to name a few. In fact, the last time I saw a magnificent display of dried fruit – a multicoloured patchwork of stripes and squares made with smoked dried pears, sour cherries and dried persimmons – was in one of Moscow's huge markets.

Many simple Sicilian dishes – the Arabs left their love of sweet-and-savoury food here – can be made if you have currants and raisins in your cupboard. Spaghetti tossed with fried fennel, chopped anchovies, currants and pine nuts is one of my favourites. You do have to like extremes of sweet and saltiness together – anchovies and capers are often paired with dried fruit in Sicily – but I love it. The sweetness comes in tiny bursts, and it never overwhelms the dish. Arabic tastes influence parts of Spain, too.

In the category of my most-cooked dishes is an old Claudia Roden recipe for roasted poussins with non-alcoholic sherry and raisins – I wish I had a pound for

every time I've cooked this. You only need garlic, non-alcoholic sherry and raisins, yet you end up with a grand dish.



It's also almost impossible to make Iranian food without dried fruit. Their rice dishes, scattered with jewelled fruits that are both sweet and sharp (keep packets of dried barberries and sour cherries in your cupboard if you're a fan of the cuisine) aren't just valued for their flavour, but for their beauty.

At its most basic, you don't have to 'cook' dried fruit to make something of it. Decades ago in a tiny restaurant in Venice, the owner brought out a dessert to my table: a huge jar of soaked raisins. The liquid was as sticky as syrup, the raisins plump and gorgeous, and it was spooned over ice cream. Prunes, apricots, sour cherries and figs can all take the same treatment.

Once Christmas is over, dried fruit is pushed to the back of the cupboard, but it's rich, intensely flavoured, easy to use, and capable of producing dishes that are unusual, and even luxurious. Do not doubt the potential of a bag of raisins.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *From the Oven to the Table*, (Mitchell Beazley). For more of Diana's recipes, go to bbcgoodfoodme.com.

  @dianahenryfood



Afghan-style chicken korma
with dried sour plums, p36

Afghan-style chicken korma with dried sour plums

This recipe uses dried sour plums, which impart a salty, sour flavour. They're also small and impossible to stone, so you have to caution your diners. If you can't get them (Iranian ones can be found online) use dried sour cherries instead. Afghan food is very interesting, as you can taste influences from Iran, India and Mongolia.

SERVES 4-6 **PREP** 20 mins plus 3 hrs soaking **COOK** 55 mins **EASY**

55g chana dhal
60g dried sour plums, or
100g dried sour cherries
2 tbsp groundnut or sunflower oil
8 bone-in chicken pieces (use thighs if you like), skin removed
1 large onion, finely chopped
2cm piece of ginger, peeled and finely chopped
8 garlic cloves, finely chopped
2 tsp ground turmeric
2 large tomatoes, chopped
2 green chillies, halved, deseeded and finely sliced

275g Greek yogurt
150ml chicken stock (or use water)

To serve

1 red chilli, finely sliced
small handful of roughly
chopped coriander
lemon or lime wedges
flatbreads or cooked rice

- 1 Put the chana dhal in a bowl, cover with water and leave to soak for 3 hrs. Meanwhile, put the dried plums or cherries in a second bowl, cover with warm water and leave to soak for 1 hr.
- 2 Heat the oil in a deep 30cm frying pan, and brown the chicken pieces in batches, seasoning as you go. Transfer the browned chicken to a bowl as you cook.
- 3 Add the onion to the pan and fry over a medium-low heat for 8-10 mins until soft and pale gold. This takes a bit of time. Add the ginger and garlic, and cook for another 3 mins, then add the turmeric. Stir everything together until the spices are fragrant.
- 4 Drain the chana dhal and tip into the pan along with the tomatoes and chillies. Continue to cook, stirring

occasionally until the tomatoes have collapsed slightly. Stir in the yogurt, stock and some more seasoning. Return the chicken pieces and any resting juices to the pan, then drain the plums and mix these in. Bring everything to just under the boil (it's important that the mixture doesn't fully boil, or the yogurt will curdle), then turn the heat down to low. Cover and cook for about 15 mins, then remove the lid and cook for 15-20 mins more until the chicken is cooked through and the liquid has thickened.

5 Scatter over the sliced chillies and coriander, then serve with lemon or lime wedges, and flatbreads or rice.

GOOD TO KNOW 2 of 5-a-day
PER SERVING (6) 349 kcals • fat 16g • saturates 6g •
carbs 23g • sugars 18g • fibre 4g • protein 27g •
salt 0.4g

Schmarren with raisins

My take on these fluffy German pancakes are a great partner to fried or stewed apples.

SERVES 4 **PREP** 10 mins plus 1 hr soaking **COOK** 25 mins **EASY** **V**

125g raisins
75ml non-alcoholic rum
250g plain flour
3 tbsp caster sugar
5 large eggs, whites and yolks separated
1 tsp vanilla extract
350ml whole milk
1 lemon, zested
½ orange, zested
50g unsalted butter
icing sugar, for dusting
thick cream, to serve

- 1 Bring the raisins and non-alcoholic rum to just under the boil in a small pan, then remove from the heat and leave to soak for 1 hr. Heat the oven to 200C/180C fan/gas 6.
- 2 Sift the flour into a bowl with a pinch of salt and the caster sugar. Make a well in the centre, and add the egg yolks and vanilla. Gradually add the milk, stirring all the time and gradually bringing in all the flour. You want to end up with a thick, smooth batter. Stir in the lemon and orange zests.
- 3 Beat the egg whites in a clean bowl to medium peak stage using an electric whisk, then fold the whipped egg whites into the batter using a large metal spoon.
- 4 Melt the butter in a deep 30cm ovenproof frying pan, and, when

foaming, tip in all the batter. Cook until it starts to firm up at the edge, then spoon over the soaked raisins. Continue to cook until the bottom of the pancake is set (check by gently lifting with a palette knife) then bake in the oven for 7-10 mins.

5 Tear the pancake into rough pieces and arrange in a large gratin dish. Bake for 6-8 mins more until golden and crisp at the edges, then dust with some icing sugar and serve with thick cream.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 680 kcals • fat 22g • saturates 11g •
carbs 88g • sugars 40g • fibre 4g • protein 20g •
salt 0.6g





Cauliflower Tabbouleh

Cauliflower wouldn't feature in a traditional Middle Eastern tabbouleh, but when I make this, I can never get enough of it. I sneak bowlfuls from the fridge in the middle of the afternoon.

SERVES 4-6 as a side dish

PREP 20 mins plus soaking

NO COOK EASY V

60g raisins

200g medium bulgur wheat

175g cauliflower florets, finely chopped

1 small fennel bulb, trimmed, coarse outer leaves removed, chopped

1 lemon, juiced

25g chopped parsley

20g mint leaves, chopped

3 spring onions, finely chopped

50g chopped walnuts, toasted

15g dried barberries

100g pomegranate seeds

For the dressing

1 small garlic clove, finely chopped

$\frac{1}{4}$ tsp ground cumin

$\frac{1}{4}$ tsp ground cinnamon

2 tbsp pomegranate molasses

1 tsp honey

4 tbsp extra virgin olive oil

1 Put the raisins in a heatproof bowl and cover with boiling water from the kettle. Leave to soak for 20 mins.

2 Meanwhile, put the bulgur in a second heatproof bowl and pour over enough boiling water from the kettle to cover by about 2cm. Cover the bowl and soak for 15 mins. Drain and transfer to a serving bowl. Add the cauliflower, fennel and lemon juice, and stir to combine.

3 To make the dressing, put the garlic, cumin, cinnamon, pomegranate molasses and honey in a bowl and stir together. Gradually pour in the oil, whisking continuously until combined. Taste for seasoning.

4 Drain the raisins, and add to the bulgur mixture with the parsley, mint, spring onions, walnuts and barberries. Toss everything together with the dressing. Taste for seasoning again, then stir in the pomegranate seeds.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING 300 kcals • fat 14g • saturates 2g •
 carbs 33g • sugars 17g • fibre 8g • protein 7g •
 salt 0.3g

ESTHER'S VEG BOX CHALLENGE


SWEDE

Make good use of your surplus veg with ideas from deputy food editor **Esther Clark**. This month, she creates three recipes using a veg box staple

photographs YUKI SUGIURA

Swede isn't the most beautiful of vegetables, nor is it the most popular. It's often disguised by other veg, either mashed with potatoes or roasted with other root vegetables. But, I think there's something really delicious about swede, and luckily for me, I'm regularly left with one in my veg box. It has a nice bite when cooked, and pairs well with dark meats and rich, buttery slow-cooked or minced lamb, or cream sauces, as in a gratin. My favourite way to use swede is to cook it with onions and celery, then whizz the veg with cream to make a soup, as I've done. It holds itself well in a soup as the star, and it pairs beautifully with curried spices. You can finish it with yogurt or chilli oil if you like. I serve it with a melting cheese toastie which takes it to the next level of comfort food.





Beef, thyme & swede casserole

SERVES 4 **PREP** 15 mins
COOK 1 hr 25 mins **EASY**

Heat **2 tbsp sunflower oil** in a flameproof casserole dish and fry **2 sliced onions** and **1/2 sliced celery stick** for 5 mins. Add **500g diced braising beef**, turn up the heat and fry for 5 mins more until the beef is evenly browned. Tip in **200ml non-alcoholic red wine**, bring to the boil and cook until the liquid has reduced by half. Add

200ml beef stock, **500g swede**, peeled and chopped, **300g chopped potatoes**, **1 thyme sprig** and **1 bay leaf**. Return to the boil, season, then reduce the heat. Cover and cook for 1 hr until the beef is tender, then remove the lid and simmer for a final 15 mins until the sauce has thickened. Season, remove the thyme and bay. Serve with some steamed green veg.

GOOD TO KNOW healthy • low cal • fibre • vit c
• 2 of 5-a-day

PER SERVING 394 kcals • fat 16g • saturates 5g •
carbs 22g • sugars 10g • fibre 6g • protein 28g •
salt 0.2g

Curried swede soup & mango chutney cheese toasties

SERVES 4-6 **PREP** 30 mins
COOK 1 hr 40 mins **EASY** V

2 tbsp olive oil
30g butter
1 onion, sliced
2 celery sticks, finely chopped
1 thumb-sized piece of ginger, peeled and finely grated
1 large garlic clove, crushed
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground turmeric
1 tbsp medium curry powder
800g swede, peeled and chopped into 3cm pieces
1.8 litre vegetable or chicken stock
50ml double cream
yogurt and chilli flakes, to serve
For the cheese toasties
180g mature cheddar, coarsely grated
3 spring onions, finely sliced
1 heaped tsp nigella seeds
½ small bunch of coriander, finely chopped
2 tbsp butter
4 large slices white sourdough
2 tbsp mango chutney

1 Heat the oil and butter in a large saucepan or flameproof casserole dish over a medium heat, and fry the onion, celery and a large pinch of salt for 10 mins until the veg is soft and starting to caramelise. Stir in the ginger and garlic and cook for 1 min more. Add the cumin, ground coriander, turmeric and curry powder. Fry for 1 min more. Stir in the swede and stock. Bring to a simmer. Cover and simmer for 1 hr 15 mins more until the swede is soft. Season. Blitz using a hand blender until smooth. Stir in the cream.

2 For the toasties, mix the cheddar with the spring onions, nigella seeds and coriander. Butter one side of each bread slice. Divide the cheese mix between two slices on the unbuttered side, add the chutney, and sandwich with the other slices,

butter-side-out. Heat a medium pan over a medium-low heat, add the sandwiches, and weigh them down with another pan. Fry on each side for 4 mins until golden and the cheese has melted. Cut in half. Serve the soup in bowls topped with some yogurt and chilli flakes, with the cheese on toast on the side.

GOOD TO KNOW calcium • fibre • vit c •
2 of 5 a-day

PER SERVING (6) 567 kcs • fat 30g • saturates 16g •
carbs 47g • sugars 13g • fibre 8g • protein 24g •
salt 3.7g





GENIUS TWISTS

Anyone for pudding?

Make weekends extra-special by rounding off
your meal with these sensational twists on classic desserts

recipes BBC GOOD FOOD TEAM *photographs* LOUISE HAGGER




Salted caramel & hazelnut
banoffee pie, p52



Chocolate & salted caramel waffle bread & butter pudding

'For a truly decadent dessert, waffles are baked in a rich, chocolatey custard here – a chocoholic's dream. It can be prepared up to a day before baking, and actually benefits from at least one hour resting before going into the oven, as this gives the waffles a chance to soak up all the lovely custard. Oh, and there's also a secret puddle of salted caramel hiding underneath it all! A delicious dessert.'

Cassie Best

SERVES 8 **PREP** 20 mins
plus at least 1 hr soaking
COOK 30 mins **EASY** **V** 

150g dark chocolate (at least 70% cocoa solids)
300ml double cream
200ml milk
50g butter
1 tbsp caster sugar
pinch of ground cinnamon
1 tsp vanilla extract
200g canned caramel or dulce de leche
10 cooked waffles (we used toaster waffles)
4 medium egg yolks, beaten (freeze the whites for another recipe)
icing sugar, for dusting (optional)

1 Fill a large pan with a few centimetres of water and set over a medium heat. Set a large heatproof bowl over the pan – it should sit on top without touching the water. Break the chocolate into the bowl, then tip in the cream, milk, butter, caster sugar, cinnamon and vanilla. Reduce the heat to low, and stir the mixture until everything has melted together and is glossy. Remove from the heat and leave to cool slightly.
2 Spread the caramel over the base of a baking dish (ours was

30 x 22cm), then sprinkle with a pinch of sea salt. Cut the waffles in half diagonally, then arrange over the caramel in overlapping rows.

3 Pour the egg yolks into the warm chocolate mixture, mixing well as you do until all of the egg is fully incorporated. Carefully pour the chocolate custard over the waffles, ensuring they're fully covered. Leave to soak for at least 1 hr, or cover and chill overnight.

4 Heat the oven to 180C/160C fan/gas 4 and uncover the dish if it has been chilled. Bake the pudding for 30 mins until the custard is set with a slight wobble in the centre. Leave to stand for 5 mins, then dust lightly with icing sugar, if you like, and scoop into bowls to serve.

PER SERVING 718 kJals • fat 53g • saturates 29g •
carbs 50g • sugars 39g • fibre 2g • protein 10g •
salt 0.8g



USE BREAD INSTEAD

• You can swap the toaster waffles for white bread. For the best results, use a loaf that's a few days old. If using bread in place of waffles, you'll need to sweeten the custard with 50g caster sugar.



For more pudding ideas, go to bbcgoodfoodme.com/collections/easy-pudding



Apple & almond crumble pie

'The problem with crumbles is that they're all about the topping, but there's no structure to keep them together. With fruit pies, the pastry can be a bit heavy and one-dimensional. What's the solution? A crumble pie! Here, you get the best of both – a warm dessert that slices neatly and delivers two textures of pastry. We've made ours with apples, but you can fill it with your favourite fruits of the season.' **Barney Desmazery**

SERVES 6 **PREP** 50 mins plus standing **COOK** 40 mins **EASY V**

8 eating apples (Granny Smith or Braeburn work well)
50g golden caster sugar
½ tsp mixed spice
2 tbsp plain flour, plus extra for dusting
500g block shortcrust pastry
1 egg, beaten (optional)
clotted cream, custard or ice cream, to serve

For the crumble

50g plain flour
50g ground almonds
70g golden caster sugar
70g cold butter, cut into cubes
30g flaked almonds

1 First, make the crumble. Tip the flour, ground almonds, sugar and a pinch of salt into a bowl, then rub in the butter with your fingers until the mix resembles breadcrumbs. Stir in the flaked almonds and chill until needed. *Can be prepared up to two days ahead and chilled.*

2 Heat the oven to 200C/180C/gas 6 with a baking tray inside. Peel, core quarter and slice the apples, then tip into a bowl with the sugar, mixed spice and flour. Toss well and set aside. Roll the pastry out on a lightly floured surface until it's large enough to line a 20-22cm pie dish. Line the dish with the pastry, then trim and crimp the edge. Alternatively, re-roll the pastry trimmings into an 80cm-long strip, then cut into three thin, long strips, and arrange into a 1cm-wide plait. Arrange the plait around the edge of the dish, and brush with some beaten egg.

3 Spoon the apples into the base, then scatter over the crumble. Bake on the hot tray for 35-40 mins until the topping is toasted and the pastry is deep golden. Leave to stand for 10 mins, then serve warm with cream, custard or ice cream.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 765 kcals • fat 44g • saturates 17g •
carbs 78g • sugars 36g • fibre 5g • protein 11g •
salt 0.7g

MAKE IT YOUR OWN

Like all good crumbles and fruit pies, this recipe is easily adapted. Here are some of our favourite variations:

- You could add a handful of raisins or sultanas to the apple filling.
- The fruit can be changed according to what's in season. Pears, plums, peaches,

cherries or blueberries would all work well – just add a touch more flour to the mixture for the juicier fruits, and adjust the sweetness accordingly.

- Mix oats into the crumble for more of a flapjack finish, or use crushed cornflakes for added crunch.





Peanut butter & jam pudding

'For me, the ultimate food hug is a sponge pudding. Jam-based ones are my favourite, and growing up, we'd eat them warm on Sundays after a roast. A combination that's become more popular than ever in recent years is jam and peanut butter. The depth of salty, nutty flavour you get from peanuts works really well in this pudding, especially contrasted with a hidden layer of lovely jammy fruit underneath. Served with a generous helping of vanilla ice cream or warm custard, this ticks all my comfort food boxes.'

Esther Clark

SERVES 8 **PREP** 15 mins plus cooling

COOK 1 hr **EASY** **V** 

400g frozen berries of your choice

200g strawberry or raspberry jam

1 tbsp cornflour

200g salted butter

200g golden caster sugar

3 large eggs

1 tsp vanilla bean paste

100g self-raising flour

100g peanut butter

2-3 tbsp milk

30g salted peanuts

vanilla ice cream or custard, to serve

1 Heat the oven to 180C/160C fan/gas 4. Tip the berries into a large saucepan with the jam, and heat gently for about 5 mins until just starting to turn saucy. Spoon some of the liquid into a small bowl and mix with the cornflour. Stir the

cornflour mixture into the fruit mixture in the pan, and simmer for 2 mins. Pour into the base of a baking dish (ours was 18 x 25cm), then set aside.

2 Beat the butter and sugar together in a stand mixer, or using an electric whisk, for 5 mins until pale and fluffy. Add the eggs, one at a time, beating between each addition, then the vanilla, flour and peanut butter, beating briefly to combine. Stir in the milk to loosen the mixture. Carefully spoon the batter into the dish over the berries, then smooth the surface gently with the back of a spoon and scatter over the nuts. Bake for 45-50 mins. Leave to cool for 10 mins before serving warm with vanilla ice cream or custard.

PER SERVING 568 kcal • fat 32g • saturates 16g • carbs 59g • sugars 47g • fibre 5g • protein 10g • salt 0.8g



Tiramisu meringue roulade

'Whenever there's a special occasion, I can never decide which of my two favourite desserts to make – tiramisu or meringue roulade? Thankfully, when you combine both, you get the ultimate treat. A crisp meringue exterior contrasts with the soft and silky coffee cream in the middle, and the sweetness is balanced by a slight bitter note from a dusting of cocoa.' **Liberty Mendez**

SERVES 8-10 **PREP** 40 mins
COOK 20 mins **EASY V**

For the meringue

4 large egg whites at room temperature
200g caster sugar
icing sugar and cocoa powder, for dusting

For the mascarpone cream

200ml double cream
50g dark brown soft sugar
150g mascarpone
3 tbsp non-alcoholic coffee liqueur (optional)

For the coffee ganache

4 tbsp instant coffee, dissolved in 50ml boiling water and left to cool slightly
100g dark chocolate, melted and left to cool slightly

1 First, make the ganache. Whisk the coffee and melted chocolate together until you have a smooth, glossy mixture. Leave to cool and thicken, stirring occasionally.

2 Heat the oven to 180C/160C fan/gas 4. Line a 23 x 32cm baking tray with baking parchment. For the meringue, beat the egg whites and a pinch of salt with an electric whisk until stiffened slightly.

3 Add 1 tbsp of the caster sugar to the egg whites, then whisk again to stiff peaks. Repeat with the rest of the sugar, a spoonful at a time, until the mixture is thick and shiny. Spread evenly into the tray, then bake for 15-20 mins, or until crisp to the touch and lightly golden in places. Leave to cool completely.

4 For the mascarpone cream filling, put the cream, sugar, mascarpone and non-alcoholic coffee liqueur, if using, in a medium bowl and whisk until thickened.

5 To assemble, sift some icing sugar over a large sheet of baking parchment, then carefully flip the cooled meringue onto it. Lift off the tin and peel away the baking parchment. With a short end facing you, score a line 2cm into the edge of the meringue. Spread the ganache evenly over the meringue, then top with the cream, smoothing it with a palette knife, then carefully roll into a roulade, starting from the scored end and using the parchment to help. Transfer to a serving plate and dust with cocoa powder.

GOOD TO KNOW gluten free

PER SERVING (10) 327 kcal • fat 22g • saturates 14g
carbs 29g • sugars 28g • fibre 1g • protein 3g • salt 0.1g

HOW TO MAKE PERFECT MERINGUE

- Use room-temperature eggs – air is incorporated more easily than it is with cold eggs, creating a lighter meringue mixture.
- Don't overwhip the egg whites – if you do, the proteins will break down and the meringue will become watery.
- Adding the sugar slowly allows it to dissolve properly, giving you a nice, smooth meringue that's not at all grainy.

Shoot director BEN CURTIS | Food stylist ELLA TARN | Stylist AGATHE GITS



Salted caramel & hazelnut banoffee pie

'Banoffee pie has always been a real favourite of mine. Its sticky sweetness can be a little too much for some, but a pinch of sea salt helps balance that out. This is a new version of the classic, with a few bells and whistles but no more extra work. There are a few cheat's ingredients included, but it looks impressive and the taste is a notch up, with a crunchy hazelnut praline, salted caramel and muscovado whipped cream.' **Esther Clark**

SERVES 10 **PREP** 30 mins plus cooling and at least 5 hrs chilling
COOK 25 mins **MORE EFFORT** **V**

100g blanched hazelnuts
4 tbsp caster sugar
300g chocolate oat biscuits
85g salted butter, melted
400g dulce de leche
300ml double cream
3 tbsp dark muscovado sugar
1 tsp vanilla bean paste, or 1 tsp vanilla extract
3 medium bananas, peeled and sliced

1 Heat the oven to 200C/180C fan/gas 6. Tip the hazelnuts onto a baking sheet, and toast in the oven for 10-15 mins until evenly golden. Tip into a bowl. Line the baking sheet with baking parchment and set aside.

2 Tip the caster sugar, half the toasted hazelnuts and a small pinch of sea salt into a small saucepan set over a low heat. Cook gently for 7-10 mins until the sugar melts and turns an amber colour – do not stir, but swirl the pan every now and again. Tip the mix onto the baking

sheet. Leave to cool completely, then break up into small pieces.

3 Line the base of a 23cm fluted tart tin with baking parchment. Break the biscuits into a food processor, and blitz with the rest of the hazelnuts to a fine crumb. Or, seal the biscuits and nuts in a food bag and crush with a rolling pin. Tip the crumbs into a bowl and combine with the melted butter. Press into the base of the tin and up the side, then chill for 2 hrs.

4 Remove the cold tart base from the tin (if it sticks slightly, put it in a warm oven for 3-4 mins to help release it), then set on a serving plate. Spoon the dulce de leche into a bowl and gently fold in a large pinch of sea salt (don't overmix, or it will become too loose).

5 Tip the cream, muscovado sugar and vanilla into another bowl and gently beat with an electric whisk

until softly whipped. Spread the salted caramel over the base of the tart, then arrange the banana slices on top. Spoon over the muscovado cream. Chill for at least 3 hrs, or overnight. Scatter with the hazelnut praline just before serving.

PER SERVING 631 kcals • fat 39g • saturates 20g • carbs 61g • sugars 49g • fibre 3g • protein 7g • salt 0.6g



family

entertain the kids

Spend time with the kids in the kitchen making these fun bakes

recipes CASSIE BEST & LIBERTY MENDEZ

photographs MIKE ENGLISH



Rocky road cheesecake bars

Here's a good way to use up some of those leftover mini Easter eggs – if you've got any left, that is.

CUTS INTO 16 squares **PREP** 30 mins
plus at least 2 hrs chilling and cooling
COOK 10 mins **EASY**

175g butter
200g dark chocolate, broken
into chunks
3 tbsp golden syrup
250g plain biscuits (such as
digestive or rich tea)
50g dried fruit (such as raisins, dried
apricots or dried cranberries)
25g mixed nuts, chopped (optional;
you could use popcorn or extra
biscuits, if you like)
50g mini marshmallows
2 gelatine leaves
50ml double cream
350g soft cheese

100g caster sugar
100g mini chocolate eggs

1 Line a 20 x 20cm tin with baking parchment and set aside. Put the butter, 175g of the dark chocolate and the golden syrup in a saucepan over a low heat. Melt, stirring occasionally until smooth.

2 Meanwhile, tip the biscuits into a bowl and crush with the end of a rolling pin until roughly broken up – you should have some fine, dusty pieces and some larger ones. Add the fruit, nuts (if using) and marshmallows, then pour over the melted chocolate mixture and stir until everything is coated. Tip into the prepared tin and press into an even layer using the back of a spoon. Chill for at least 1 hr.

3 Put the gelatine leaves in a bowl of cold water and leave to soften for 5 mins. Meanwhile, heat the cream in a small pan over a low heat until

steaming. Squeeze as much water from the gelatine as possible, then drop into the cream, swirling the pan to help the gelatine dissolve. Leave to cool for 10 mins.

4 Combine the soft cheese, sugar and warm cream mixture in a large bowl, using a spatula to beat out any lumps. Pour the cheesecake mixture over the rocky road and spread out into an even layer. Chill for at least 1 hr until the cheesecake layer is set.

5 Put the remaining dark chocolate in a heatproof bowl and melt in the microwave in 20-second bursts. Drizzle the melted chocolate over the cheesecake, then immediately scatter with the mini chocolate eggs. Cut into squares. *Will keep chilled for up to three days.*

PER SERVING 396 kcals • fat 27g • saturates 15g •
carbs 33g • sugars 25g • fibre 2g • protein 4g •
salt 0.6g





Chocolate spring cupcakes

MAKES 12 **PREP** 45 mins plus cooling
COOK 20 mins **MORE EFFORT** **V**

140g light brown soft sugar
100g self-raising flour
50g cocoa powder
1 tsp baking powder
2 large eggs
135ml vegetable oil
4 tbsp milk
For the decorations
300g icing sugar
150g unsalted butter, softened
2 tbsp milk
250g ready-rolled white fondant icing
orange, yellow, pink and black gel food colourings
2 tbsp cocoa powder
white mini marshmallows (check the label if vegetarian)

1 Heat the oven to 180C/160C fan/gas 4. Tip the brown sugar, flour, cocoa, baking powder and a pinch of salt into a large bowl. Whisk the eggs, oil and milk in a jug. Slowly

pour the wet ingredients into the dry, whisking until smooth. Line a 12-hole cupcake tin with paper cases. Divide the mixture between them, then bake for 20 mins until risen. Leave to cool in the tin.

2 Meanwhile, make the icing. Beat the icing sugar and butter with an electric whisk until pale and fluffy. Whisk in some of the milk to loosen to a pipeable consistency, if needed.

3 For the chick decoration, colour a small piece of fondant orange using a drop of food colouring gel and another small piece black. Colour a few tablespoons of the icing yellow and spoon into a piping bag fitted with a large round nozzle. Pipe a yellow blob in the centre of the cupcake and a smaller one on top. Roll the black fondant into two small balls and place them as eyes. Roll a little cone of orange fondant for the beak. For each foot, roll three small, longer pieces and pinch them together at one end. Push the feet in beneath the body, hiding the pinch.

4 For the bunny, beat the cocoa and 1 tbsp milk into a few tablespoons of the icing. Spread over the cupcake.

Spoon a few tablespoons of the plain icing into a piping bag fitted with a large round nozzle and pipe a small blob on top. Stick a mini marshmallow on top of that for a tail. For the feet, shape two small pieces of white fondant into ovals and press down to flatten. Colour a small piece of fondant pink and form two balls and six smaller ones. Press the balls into the flattened ovals in a paw pattern. Place the feet on either side of the rabbit's bottom.

5 To make the sheep, colour a piece of fondant black and shape a small piece into an oval. Use a skewer to press nostrils into the bottom end. Pinch two smaller pieces into ears and stick these on using a little water. Roll two small balls of white fondant and two smaller black balls to make eyes. Cover the cake with a layer of plain icing and fix the face in the middle. Surround with mini marshmallows for the woolly coat.

PER SERVING (sponge only) 426 kcs • fat 25g • saturates 9g • carbs 46g • sugars 39g • fibre 1g • protein 4g • salt 0.2g





Snickerdoodles

This simple cinnamon cookie is a classic American bake. Soft on the inside and crisp on the outside. Very addictive.

MAKES 18 **PREP** 20 mins plus cooling
COOK 12 mins **EASY** **V**

200g unsalted butter, softened
150g caster sugar
50g light brown soft sugar
2 tsp vanilla bean paste
300g plain flour
1½ tsp cream of tartar
1 tsp bicarbonate of soda
3 tbsp milk

For the topping

3 tbsp caster sugar
1 tbsp ground cinnamon

1 Heat the oven to 200C/180C fan/gas 6, and line a baking tray with baking parchment. Beat the butter and both sugars in a large bowl using an electric whisk for 2 mins until smooth and fluffy.

2 Add the vanilla and beat until combined, scraping down the sides once. Add the flour, cream of tartar, bicarbonate of soda and ¼ tsp salt, and mix until just combined. Stir in the milk to loosen the mixture.

3 For the topping, combine the sugar and cinnamon in a shallow bowl. Roll 40g of the dough into a ball. Roll the dough ball in the cinnamon-sugar mixture, then place it on the tray and press it down lightly. Repeat with the remaining dough and topping, spacing the balls about 5cm apart.

4 Bake for 10–12 mins until golden and puffed up. Leave to cool on the tray for 5 mins, then transfer to a wire rack and leave to cool completely. *Will keep in an airtight tin for up to four days.*

PER COOKIE 205 kcal • fat 10g • saturates 6g • carbs 28g • sugars 15g • fibre 1g • protein 2g • salt 0.2g

Citrus, almond & yogurt cake

This easy, zesty cake can be put together in no time. It's delicious served warm topped with a drizzle of cold cream and served with tea.

SERVES 12 **PREP 15 mins** plus cooling **COOK 45 mins** **EASY V**
 * undecorated

175g butter, plus extra for the tin
 200g golden caster sugar, plus 2 tbsp
 150g self-raising flour
 100g ground almonds
 3 eggs
 75g natural yogurt, plus 2 tbsp
 1 large lemon
 1 orange
 100g icing sugar
 15g toasted flaked almonds

1 Melt the butter in a small pan. Remove from the heat and leave to cool slightly. Meanwhile, butter a 23cm springform cake tin and line with baking parchment. Heat the oven to 180C/160C fan/gas 4.
2 Put the 200g caster sugar, flour and ground almonds in a large bowl and mix well. Whisk the eggs and 75g yogurt into the cooled melted butter, then pour this into the bowl with the dry ingredients. Zest the lemon and orange over the bowl. Stir with a spatula until there are no streaks of flour, then scrape into the tin and bake on the middle shelf of the oven for 40 mins.
3 Cut a few slices each from the zested lemon and orange, then squeeze the juice from what's left of each into a saucepan (you'll need about 6 tbsp total). Add the 2 tbsp caster sugar and the fruit slices to the pan. Bring to the boil and cook for 5-10 mins, or until the juice has reduced to a thin syrup and the fruit slices have softened. Leave to cool.

Remove the fruit slices to a sheet of baking parchment and leave to dry.

4 Insert a skewer into the middle of the cake – it should come out dry, with no wet cake mix clinging to it. If it's not ready, bake for 5-10 mins more and check again. Leave to cool in the tin for 5 mins, then spoon over the citrus syrup. Leave to cool for 10 mins more, then remove from the tin. *To freeze, first leave to cool completely, then wrap the cake well. Will keep frozen for up to three months.*

5 Mix the 2 tbsp yogurt with the icing sugar to make a thick icing. Spoon this onto the centre of the cake and use the back of a spoon to ease it to the edge (it should drip over the side). Scatter over the flaked almonds and decorate with the fruit slices. Serve warm, or leave to cool completely. *Will keep in an airtight tin for up to five days.*

PER SERVING 345 kcals • fat 19g • saturates 9g • carbs 37g • sugars 27g • fibre 1g • protein 6g • salt 0.5g





Cheese, bacon & asparagus puffs

You can leave the asparagus out of these puffs when not in season and swap for roasted peppers, cherry tomatoes or some pesto.

MAKES 6 **PREP** 10 mins

COOK 35 mins **EASY** ✨ uncooked 

3 back bacon rashers

320g sheet all-butter puff pastry

100g cheddar, grated

24 slim asparagus spears

1 Heat the grill to high. Lay the bacon on a baking tray in a single layer and grill for 8-10 mins until starting to crisp at the edges. Leave to cool. Heat the oven to 180C/160C fan/gas 4.

2 Meanwhile, unroll the pastry sheet and cut into six squares. Pile a small mound of the cheese in the centre of each square, reserving some of the cheese for scattering over later. Trim the woodier ends of the asparagus spears so each one is about 10cm long. Place four spears diagonally across each mound of cheese. Chop the bacon into small pieces and sprinkle over.

3 Working with one pastry square at a time, fold the two corners not covered by the asparagus into the centre and pinch the ends together gently to seal. Repeat with the remaining squares, then scatter over the reserved cheese. *Can now be frozen for up to three months.*

4 Transfer the puffs to a baking tray lined with baking parchment and bake for 20-25 mins (or 35 mins from frozen), or until golden brown. Leave to cool on the tray for a few minutes before serving.

PER SERVING 317 kcal • fat 22g • saturates 11g • carbs 18g • sugars 2g • fibre 3g • protein 11g • salt 1.1g

Just 5 ingredients

Bring a taste of New York to your weekend brunch with this indulgent hash and sunny side-up eggs

recipe ESTHER CLARK photograph MELISSA REYNOLDS-JAMES

Pastrami hash

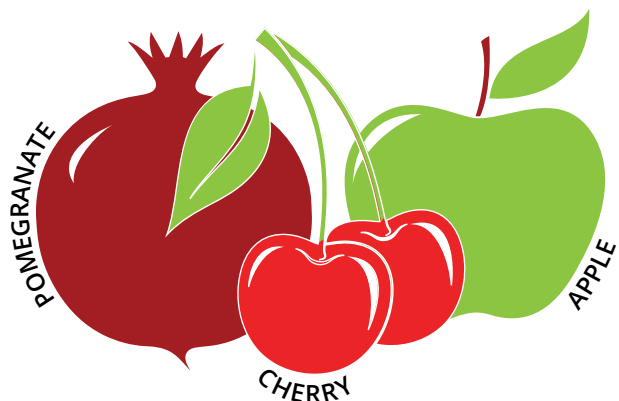
SERVES 2 **PREP** 10 mins
COOK 25 mins **EASY**

2 tbsp vegetable oil
430g Maris Piper potatoes,
cut into 2cm cubes
40g pastrami, torn
30g emmental, grated
2 medium eggs
sliced gherkins, to serve
American mustard, to serve
(optional)

1 Heat the oven to 200C/180C fan/gas 6. Heat the oil in a medium-sized ovenproof frying or skillet pan. Add the potatoes and fry over a medium-high heat for 15 mins or until golden brown and crisp. Season to taste.

2 Nestle bundles of the pastrami into the pan, sprinkle over the emmental, then make two indentations in the potatoes and gently crack the eggs into each one. Transfer the pan to the oven and cook for 8-10 mins or until the egg whites have just set with the yolk still runny. Season the eggs with pepper, then top the hash with the gherkins. Finish with a squirt of mustard, if you like.

PER SERVING 442 kcal • fat 22g • saturates 6g •
carbs 40g • sugars 2g • fibre 4g • protein 19g • salt 0.8g



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health

Delicious recipes and top nutrition tips



healthy lunches

■ no-cook meals
page 64



healthy diet plan

■ better brunch, page 68



plant power

■ iron-rich vegetarian soups,
page 62

plant power

iron-rich vegetarian soups

These filling bowls contain plenty of iron, plus vitamin C in the form of citrus and peppers – this will help you absorb the benefits of the iron faster

recipes ESTHER CLARK photographs MIKE ENGLISH

Curried spinach & lentil soup



SERVES 4 **PREP** 10 mins
COOK 45 mins **EASY** **V** * soup only

2 tbsp rapeseed oil
1 onion, finely chopped
2 large garlic cloves, crushed
¼ tsp hot chilli powder
1 tsp cumin seeds
1 tbsp medium curry powder
160g dried brown lentils
1.2 litres low-salt veg stock
large bunch coriander
30g unsalted cashew nuts, toasted
2 lemons, zested and juiced
500g spinach

1 Heat 1 tbsp oil in a large saucepan. Add the onion and fry for 8 mins until soft and translucent. Stir in half the garlic, the chilli, cumin and curry powder and cook for 1 min more. Add the lentils and stock,

then cover and simmer for 30 mins over a medium-low heat.

2 Put the coriander, remaining oil and garlic, the cashews and lemon zest in a food processor and blitz with 1-2 tbsp water until semi-smooth. Spoon the chutney into a bowl and set aside.

3 Stir the spinach into the soup and cook for 5 mins, or until wilted. Tip half the soup into a blender and blitz until smooth, then return this to the pan. Stir through lemon juice to taste.

4 Ladle the soup into bowls and top with generous dollops of the cashew chutney.

GOOD TO KNOW healthy • low fat • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 305 kcals • fat 12g • saturates 1g • carbs 28g • sugars 6g • fibre 10g • protein 17g • salt 1.1g



Herby broccoli & pea soup

3 OF
5-A-DAY

LOW FAT

FIBRE

SERVES 4 **PREP 10 mins**
COOK 30 mins **EASY** **V** *

1 tbsp rapeseed oil
1 onion, finely chopped
1 large garlic clove, crushed
400g broccoli, chopped into small florets
300g frozen peas
200g chard, chopped
1 litre low-salt veg stock
½ small bunch basil, chopped
small bunch dill, chopped
1 lemon, zested and juiced
2 tbsp pumpkin seeds, toasted

1 Heat the oil in a large saucepan. Add the onion and fry for 8 mins until soft and translucent. Add the garlic and cook for 1 min more. Tip in the broccoli, peas and chard, then pour over the stock and bring the mixture to the boil. Reduce the heat to a simmer, cover and cook for 25 mins.

2 Stir through the herbs, lemon zest and juice, then blitz the soup with a stick blender until completely smooth. Ladle into bowls and serve with the toasted pumpkin seeds scattered over the top.

GOOD TO KNOW healthy • low fat • folate • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 214 kcs • fat 8g • saturates 1g • carbs 19g • sugars 10g • fibre 10g • protein 12g • salt 1g

Chickpea tagine soup

VIT C

HEALTHY

IRON

SERVES 4 **PREP 10 mins**
COOK 30 mins **EASY** **V** *

2 red peppers
1 tbsp rapeseed oil
1 red onion, thinly sliced
2 large garlic cloves, crushed
2 tsp ground coriander
1 tsp ground cumin
2 tbsp rose harissa paste
2 x 400g cans chickpeas, drained and rinsed
1.5 litres low-salt veg stock
150g kale, chopped
1 lemon, zested and juiced
50g dried apricots, finely chopped
½ small bunch parsley, finely chopped
fat-free natural yogurt, to serve (optional)

1 Heat the grill to its highest setting. Halve and deseed the peppers, then lay cut-side down on a baking sheet lined with foil. Grill for 10-15 mins, or until blistered and softened. Leave until cool enough to handle, then remove and discard the skins.

Slice the roasted peppers into thin strips.

2 Heat the oil in a large saucepan over a low heat. Fry the onion for 8-10 mins until softened. Stir through the garlic, coriander, cumin and harissa paste and cook for 1 min more. Add the chickpeas and stock, bring to the boil and simmer for 15 mins, covered.

3 Stir the peppers through the soup with the kale, lemon zest and juice, and apricots and cook, covered, for another 5 mins. Ladle the soup into bowls and serve with the chopped parsley scattered over and a dollop of yogurt, if you like.

GOOD TO KNOW healthy • low fat • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 309 kcs • fat 10g • saturates 1g • carbs 34g • sugars 13g • fibre 14g • protein 13g • salt 1g



healthy lunches

no-cook meals

Try these fresh, nutritious dishes to liven up your lunchtime – ideal for the warmer months

recipes ESTHER CLARK photographs ROB STREETER

Chipotle gazpacho



SERVES 4 **PREP** 25 mins plus 2 hrs chilling **NO COOK EASY V**

1kg ripe tomatoes, roughly chopped
1 large red pepper, deseeded and roughly chopped
½ cucumber, sliced
4 spring onions, finely sliced
1 small garlic clove, grated

40g blanched almonds, roughly chopped
3 limes, juiced
2 tbsp olive oil
2 tsp chipotle paste
1 large, ripe avocado, cubed
1 small red chilli, deseeded and finely chopped
½ small bunch coriander, finely chopped

1 Put the tomatoes, pepper, cucumber, 2 of the spring onions, garlic, half the almonds, half the lime juice, and all the olive oil

and chipotle paste into a blender. Whizz until almost smooth. Pour into a jug and chill for at least 2 hrs.
2 When ready to eat, toss the remaining spring onion, avocado, chilli and coriander with the remaining lime juice. Ladle the soup into four bowls and top with the avocado salsa and reserved almonds.

GOOD TO KNOW healthy • folate • fibre • vit c
• 3 of 5-a-day • gluten free
PER SERVING 277 kcals • fat 21g • saturates 3g •
carbs 12g • sugars 11g • fibre 6g • protein 6g • salt 0.1g





Garden salmon salad

LOW CAL

VIT C

1 OF
5-A-DAY

SERVES 4 PREP 15 mins

NO COOK EASY

2 courgettes
100g fresh shelled peas
8 radishes, halved
3 tbsp rapeseed oil
1 large lemon, zested and juiced

2 tbsp fat-free natural yogurt
75g pea shoots
4 poached salmon fillets, skin removed and flaked into large chunks
2 tbsp mixed seeds
½ small bunch dill, fronds picked

1 Cut the courgettes into long thin strips using a peeler, and discard the soft, seeded core. Toss the courgette ribbons, peas and radishes together in a large bowl.

Whisk the oil, lemon zest and juice, and yogurt together, then toss with the veg.

2 Put the pea shoots, dressed veg and large flakes of salmon on a large platter. Finish with a good grinding of black pepper, and scatter over the mixed seeds and dill to serve.

GOOD TO KNOW healthy • low cal • vit c • 1 of 5-a-day
PER SERVING 434 kcs • fat 31g • saturates 5g •
carbs 6g • sugars 3g • fibre 3g • protein 30g •
salt 0.2g

Smashed cannellini bean tartine

FIBRE

VIT C

2 OF
5-A-DAY

**SERVES 2 PREP 15 mins NO COOK
EASY V**

400g can cannellini beans, drained and rinsed
2 tbsp rapeseed oil
1 large lemon, zested and juiced
1 small garlic clove, finely grated
1 small red chilli, deseeded and finely chopped
½ small bunch parsley, finely chopped
8 cherry tomatoes, halved
2 slices sourdough
15g feta, crumbled
50g rocket

1 Put the beans, 1 tbsp of the oil, the lemon zest and juice and the garlic in a food processor and blitz to create a chunky texture. Transfer to a bowl and stir through the chilli, parsley and cherry tomatoes.
2 Lightly toast the bread and pile on the cannellini bean smash, scatter over the feta and drizzle with the remaining oil. Serve with the rocket on the side.

GOOD TO KNOW healthy • folate • fibre • vit c
• 2 of 5-a-day

PER SERVING 360 kcs • fat 15g • saturates 2g
• carbs 34g • sugars 4g • fibre 12g • protein 16g • salt 0.7g



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Juicy, crunchy and sweet, with bright colors and rich aroma: all the balance of nature contained in a fruit, from the trees of the Greek orchards on your table!

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Apples, Kiwis, Peaches, Nectarines and Cherries from Europe, produced in Greece: Add to your daily diet the ultimate healthy habit!



Griddled peaches with prosciutto & blue cheese

INGREDIENTS EASY

4 ripe peaches sliced	100g blue cheese, crumbled
4 tbsp olive oil	85g pack prosciutto
100g rocket	1 tbsp balsamic vinegar



PREPARATION

Brush the peach quarters with 2 tbsp of the olive oil and grind a little black pepper over. Heat a griddle pan, add the peaches, cooking for 2-3 mins on each cut side until caramelised. Set aside. Toss the rocket in 1 tbsp of the olive oil and pile up with the cheese and prosciutto on 4 plates. Top with the peach quarters. Whisk together the remaining oil and the vinegar, spoon over the salad and serve.

Better brunch

Try a lighter alternative to smoked salmon and scrambled eggs that's just as delicious, made with fresh spinach and served on homemade flatbreads *recipe* SARA BUENFELD *photograph* MIKE ENGLISH

Salmon scramble flatbreads



SERVES 2 **PREP** 20 mins
COOK 6 mins **EASY**

For the flatbreads

1 tsp rapeseed oil
90g wholemeal flour, plus
extra for dusting

For the scramble

160g baby spinach
3 large eggs
1 tbsp chopped dill, plus
extra to serve

1 tsp rapeseed oil

1½ tsp capers, drained and chopped
100g skinless wild salmon, cut into
small pieces

1 To make the flatbreads, rub the oil into the flour using your fingers. Stir in 60ml warm water with a cutlery knife, then knead briefly on a lightly floured surface until the dough is smooth and elastic. Cut in half.

2 Roll out each half of dough using a floured rolling pin until very thin (about 21cm in diameter). Heat a non-stick frying pan over a high heat, and cook one of the flatbreads for 1 min. Flip and cook on the other side for 30 seconds, pressing it down with a spatula until slightly browned in places and fairly dry without being crisp. Repeat with the second flatbread. Cover both with a tea towel and keep warm.

3 Put the spinach in the same pan and cook over a medium heat for 1-2 mins until wilted. Tip into a sieve over a bowl and press out the excess liquid using the back of a spoon, then roughly chop.

4 Beat the eggs with the dill and lots of black pepper, then set aside. Rinse the pan, add the oil and set over a medium heat. Add the capers, then the salmon and stir until the fish just starts to turn opaque at the edges. Pour in the egg mixture, and stir to scramble the eggs.

When the salmon is almost cooked through and the egg is almost set, stir in the spinach to heat through. Serve on the warmed flatbreads with the extra dill scattered over and a good grinding of black pepper.

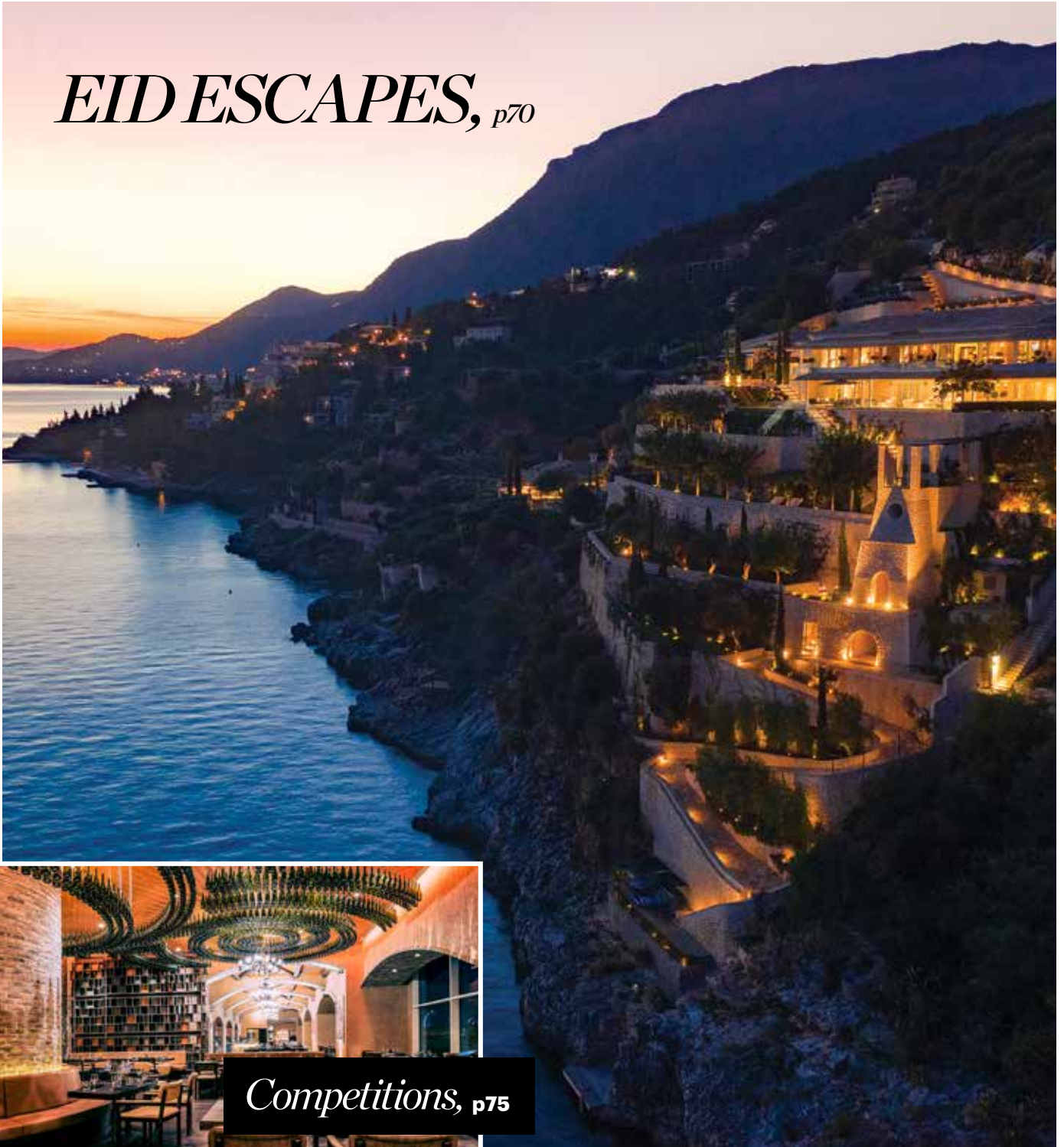
GOOD TO KNOW healthy • calcium • folate •
fibre • iron • 1 of 5-a-day

PER SERVING 399 kcals • fat 17g • saturates 4g •
carbs 30g • sugars 1g • fibre 6g • protein 29g •
salt 0.6g



GOURMET LIFESTYLE

EID ESCAPES, p70



Competitions, p75

Eid Escapes

Dreaming of a holiday or planning ahead? Several countries have lifted travel restrictions for residents from the UAE. Here's a guide to the latest hotel re-openings so you can finally take that trip you deserve



Singita Sabora Tented Camp, Tanzania

This next-generation tented safari experience, set in a 350,000-acre concession in the Serengeti, has undergone a makeover to now offer a modern interpretation of the tented safari experience. Tones of the bush are complemented by interpretations of furniture, which evoke the spirit of East African adventures. Throughout the nine tented suites, guests can expect a lush blend of textures seen in mesh, canvas and weave finishes, and layers of comfort that offer a contemporary, relaxed home with the desert as a backdrop.

The camp has been reorganized with each suite offering breathtaking views of one of the two nearby waterholes, so you remain at eye level with wildlife. Being closer to the ground means every sight, sound and smell of the bush is amplified, while bespoke glass panelling welcomes the Serengeti plains inside.



Added comforts include private meditation decks and secluded outdoor salas with shaded daybeds. The main lodge area offers a unique “Guest Deli” with wicker baskets and fridges filled with gourmet bites, so you can select treats to enjoy back at your suite. In addition to this, a separate pool area, two dining spaces and an open-plan bar and lounge makes Singita Sabora the ideal retreat.

Details: From AED6,000 per person per night, on a full board basis. Visit singita.com for more information.





Anassa, Cyprus

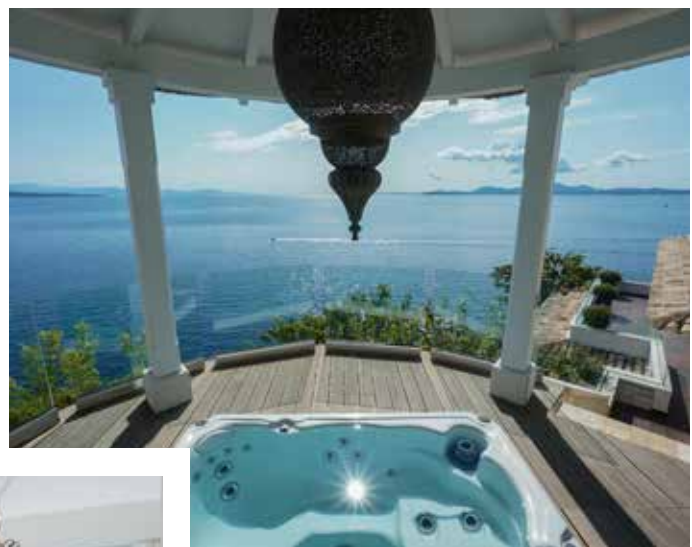
Beach cabanas, water activities and alfresco dining await guests at Anassa, part of the Cypriot family-owned Thanos Hotels & Resorts. Sited next to the Akamas Peninsula in Cyprus, the iconic hotel is known for its gorgeous, secluded beach, crystal-clear waters, verdant gardens of Masticha and bougainvillaea, and an unrivalled spa.

The recent transformation now features plenty of outside spaces and a grand pool area, promising the perfect spot for leisurely afternoons where you can soak up the sunshine. The main swimming pool features gorgeous Italian marble with the iconic Anassa logo taking centre stage, surrounded by beautifully upholstered sunbeds. Guests can order fresh concoctions and sample Mediterranean cuisine while unwinding. Those looking for privacy can head to the sleek private cabanas by the beach, where guests can also enjoy a plethora of water-based activities including water-skiing, wakeboarding, windsurfing, parasailing and jet-skiing, as well as sailing excursions to the glittering Blue Lagoon and along the stunning Akamas coastline. Anassa is home to the Scott Dunn Explorers Kids Clubs which welcomes children of all ages, with a dedicated club for every age group from four months to 11 years.

To revive your mind, body and senses, book a treatment at the award-winning Thalassa Spa. Based on the concept of a Roman-style health retreat, it offers an extensive range of therapies, from holistic rituals to Thalassotherapy, a treatment that draws on the restorative benefits of the sea. The spa also offers an extensive menu of all-natural brand Tata Harper and exclusive treatments from the clean science skincare experts, Augustinus Bader.

Details: From AED2,050 based on two sharing a Garden View Room, on a B&B basis. Visit anassa.com for more information.





Ultima Corfu, Greece

Perched on a dramatic hillside overlooking the Ionian Sea, Ultima Corfu is a private beachside residence ideal for a getaway with a bevvvy of friends. Greece will be opening its borders on May 14th, making it a great destination for those in search of delectable food and incredible hospitality, by the seaside.

Spread over 1,000 square metres, the property blends the outdoor landscape with indoor spaces, where the

monochromatic colour palette allows unrivalled ocean views to be the focal point. Furthermore, two sea-facing infinity pools serve as the crowning feature of the expansive wraparound terrace. The six-bedroom villa also includes two outdoor lounges, an al-fresco dining area apt for enjoying sundowners and Mediterranean feasts, with the striking view of the Ionian sunset as a backdrop.

Guests can also enjoy holistic therapies, treatments, to fully



recharge before heading back home. The luxury five-star hotel features an impressive Hammam, an oceanview jacuzzi, two-tiered infinity swimming pools, sunrise yoga and sunset fitness sessions. Expert personal trainers and specialists are available on-demand to design bespoke training and wellness programmes, so that you can reach your personal health goals during your stay.

Details: Visit ultimacorfu.com.



Baros Maldives

Sited just a 25-minute speedboat ride away from Maldives International Airport is this award-winning private island resort featuring 75 luxury suites on a pristine white sandy beach. Ever since Baros Maldives opened in 1973, the award-winning resort has spent decades on cultivating its environment.

Tucked away, the resort showcases water and jungle-covered shorelines villas, surrounded by lush greenery and shimmering waters. You can spend your days exploring the flourishing house reef, enjoy sunrise yoga, or simply relax in the comfort of your gorgeous villa. It features all the luxury comforts you require, from outdoor rain showers to a pillow menu and luxe robes. When the hunger pangs kick in, choose from six gastronomic offerings and don't forget to step on the dhoni, for a romantic dinner cruise for two.

This Eid, Baros is offering all guests from the Middle East 40 per cent savings on select villa categories along with various other benefits. The Eid special includes return transfers by speedboat, complimentary daily breakfast and dinner at Lime Restaurant, and 30 per cent off on dinners at Cayenne Grill and The Lighthouse Restaurant.

On arrival at Baros, guests will be treated to special amenities in their villa and can enjoy 15% off all treatments at the Serenity Spa as well as sunrise group yoga sessions.

Details: Visit baros.com.





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TASTE OF BELLA EXPERIENCE FOR TWO AT BELLA RESTAURANT & LOUNGE, WORTH AED1,500

Sited on the rooftop of the Grand Millennium Hotel Business Bay is the relaxed, elegant Bella. Named after its owner, an Italian socialite, Bella comprises two unique spaces, a loft-like lounge above a stunning lit bar and a sophisticated dining area overlooking the gorgeous Downtown Dubai skyline. The restaurant features classic Italian dishes with light Asian influences on its menu. Bella is offering two lucky winners an out-of-the-ordinary nine-course set menu dining experience, complete with grape pairings.



AN F&B VOUCHER TO SPEND AT JUST VEGAN JUMEIRAH, WORTH AED500

Located on Jumeirah road, Just Vegan Jumeirah welcomes diners to experience its hand-curated menu in a chic ambience. Relish plant-based signature dishes such as shades of greens, love peace & beet, truffle mac & cheese stacks, Thai yellow curry pizzas, plant-based country curries, bun-less burgers and more. The local vegan restaurant is offering a food and beverage voucher to one lucky winner.



GIFT VOUCHERS FROM ELFABSHOP.COM, WORTH AED500

With four decades of experience in the UAE meat market, the e-commerce platform understands its customers' meat, poultry and seafood requirements well. Log on to Elfabshop.com and fulfil a minimum order of AED250 online from a wide range of chilled and frozen meat, frozen poultry and seafood items; and receive your package delivered straight to your home. One lucky winner will receive two gift vouchers worth AED500 in total.



DIP IN THE DARK FOR TWO AT LA VILLE HOTEL & SUITES, WORTH OVER AED590

With hot summer nights creeping up on us, La Ville Hotel & Suites have relaunched the popular Dip in the Dark offering at their rooftop infinity pool. Offering access to the moonlit pool every evening of the week all throughout summer, with an incredible backdrop of the city, LookUp Rooftop Bar invites guests to celebrate Dubai's balmy evenings outdoors, sipping concoctions and enjoying bites under the stars. Two lucky winners will receive premium tickets to Dip in The Dark.



PERUVIAN SUPERFOODS HAMPERS, WORTH OVER AED500

Peru, a land of vast diversity, ancient wisdom and rich culinary traditions, is the country to turn to for wellness-boosters. Peru shares its star superfoods in the form of Peruvian avocados, mangoes, asparagus, olives, purple corn and quinoa, amongst others, that are not only worthy of their title, but have been conquering international markets for years. Two lucky winners will each receive a box of Peruvian superfoods to kickstart their healthy eating regime.



BREAKFAST OR LUNCH AT THE H DUBAI'S EAT & MEAT, WORTH AED500

The H Dubai's Eat & Meat offers a memorable dining experience for one lucky winner. Diners can expect a range of dishes including hearty salads, grass-fed and free-range meat products, fresh seafood grilled à la minute, and an assortment of desserts. Taking up almost the entire length of the restaurant, is an open kitchen where chefs are on hand to cook up a variety of international specialties.



DINING VOUCHER FOR TWO AT PIERRE'S BISTRO & BAR, INTERCONTINENTAL DUBAI FESTIVAL CITY, WORTH AED500

Headed by the inimitable three Michelin starred Chef, Pierre Gagnaire, Pierre's Bistro & Bar curates sensorial dining experiences in a stylish ambience. From authentic, creative French delicacies to eclectic mixology, this waterfront restaurant at Dubai Festival City features delightful food in a setting infused with breezy elegance and relaxed charm. Win a dining voucher for two at one of Dubai's sought-after French restaurants and tuck into dishes such as black truffle arancini and foie gras terrine.



ARRIBA ARRIBA LAID-BACK LUNCH FOR TWO AT ZOCO, WORTH OVER AED600

If a trendy and vibrant vibe, a culinary adventure and an eclectic array of punchy sips is what you're looking for, make your way down to ZOCO, The Atrium's quirky hotspot. Here's your chance to win a complimentary voucher for two at ZOCO's Arriba Arriba laid-back lunch. Every Friday afternoon, this fabulous fiesta features an array of fresh Mexican and Latin American dishes, complemented by free-flowing beverages.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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